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# Focal Point

## C A M P U S N E W S

### Optometry Night Live

This is a call to all students - singers, dancers, musicians, comedians, magicians and whatever else you can do! Optometry Night Live will be held on Friday January 19th at 7pm with the Blind Spot starting at 5pm.

If you are interested in participating, please e-mail Scott Collings SCollings@eyedoc.ico.edu and Vanessa Wong at VWong@eyedoc.ico.edu with your entry and length of act. Remember, the class skit with the most votes will receive a complimentary party from the Student Association...so see you all there!!

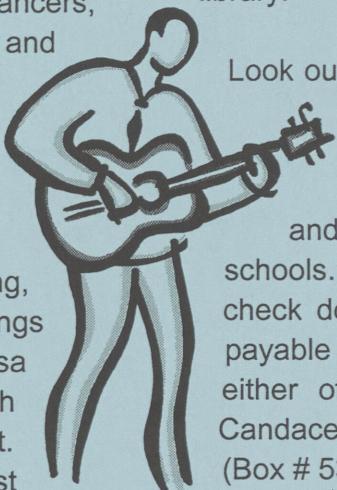
### Photos needed!

Are you interested in having your photographs published? If so, the Admissions Office is looking for photos to publish in our new ICO Viewbook. If you have shots of ICO students around Chicago or of ICO events, please send the photos to Al Pouch in Media Productions. All photos must be in JPEG format and sent on CD-Rom, no emails please. The deadline for submission is January 26<sup>th</sup>, 2007.

### Book Drive

#### We need your new/used books!

The ICO Book Drive Event will be running until January 19th 2007, to help support two local elementary schools in the Chicago area, Drake and Pershing West. We are currently accepting used and new book donations with



drop off boxes at the mailroom, RC and library.

Look out for Book Donation Sheets that will be passed in class for those who may have missed them. All the proceeds will go towards magazine and book order subscriptions to the schools. If anyone is interested in making check donations, the checks can be made payable to 'Class of 2010' and given to either of our First Year Representatives, Candace Oto (Box #589) or Efren Gomez (Box # 536). Happy Book Hunting!

### Dry Eyes?

#### Do your eyes always feel dry?

Have you (or someone you know) ever been diagnosed with Dry Eye Syndrome? Are you (or your family and friends) interested in trying PUNCTAL PLUGS for FREE (a \$50 value!)?

If so, you may be eligible to be a patient for the Contact Lens Society's Punctal Plug Workshop on Saturday, January 20, 2007 from 2 pm – 5 pm! Students, faculty, staff, friends and family are welcome! If interested, please email ([mmisko@eyedoc.ico.edu](mailto:mmisko@eyedoc.ico.edu))!

### Financial Aid

It's that time of the year again!!

This is a reminder that the **2007-08 FAFSA** application is now available online for Summer/Fall 2007 financial aid. You can find the form online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Our

school code is **001689**. We encourage you to complete your FAFSA as soon as possible so that we can get your award letter and financial aid information to you. We highly recommend you complete your FAFSA **by March 15th** if at all possible.

As a graduate student, you are no longer required to complete the parental information on the FAFSA. However, we **HIGHLY recommend** that you provide your parents' data to ensure we're able to offer you the best available financial aid package. (This data is required regardless of the age or marital status of the student.) Parent data is only utilized for determining eligibility for the Health Professions loan program- so it can only help and not hurt your financial aid award.

A couple of cautions to help you avoid common errors as you fill out the form:

- Be sure to sign the form before you submit it. You can sign electronically with your PIN.
- You can use estimated financial data when you fill out your initial FAFSA and then update it when your FAFSA is completed.
- One of the most common errors on the FAFSA involves listing the same number for Adjusted Gross Income and Taxes paid. This error results in your FAFSA being rejected and will necessitate a correction.
- Also, remember the FAFSA uses implied decimals. Any number you enter is assumed to be placed to the left of the decimal. Therefore if you indicate \$99.99, the FAFSA will interpret it as \$9999.

If you have any questions regarding your financial aid at ICO or about the FAFSA, please feel free to contact Bryant Anderson ([banderson@ico.edu](mailto:banderson@ico.edu)) or Milissa Bartold ([mbartold@ico.edu](mailto:mbartold@ico.edu)).

## *4<sup>th</sup> Year Students Getting Down to Business*

*Tracy Faulkner, Professional Career Development Counselor  
Office of Career Development*

You have been and will continue to receive regular listings of career opportunities. Please take this time now to get down to business. The feedback I'm getting from the doctors and the corporate recruiters is that they are not getting inquiries from ICO students. They need and want to hear from you.

I want to continue to be a viable resource for them and you. If they feel they can get strong, highly qualified candidates, they will continue to call on us whenever there is an opportunity available. If not, they will seek out the services of other institutions.

They are interested in speaking with you -- and "picking your brains" for the most part. They want to get into thought provoking conversations and be engaged. Inevitably something will "click," there will be a connection and then you are off to a bright and prosperous future.

If you are remotely interested in an opportunity on the list, please call them. Trust me! They are very happy to hear from you. Remember while business is booming they have a need. They need you to perpetuate and build upon their successes.

Don't be afraid! Get a feel for what the veteran practitioner's expectations are! Consider chatting with doctors who have opportunities you are not entirely interested in from first glance. This practice can boost your confidence level, strengthen your negotiation skills and may even uncover factors about the opportunity you have not fully considered.

Besides, it's high time you future doctors begin the networking process. They know you are still in school. Most of them are alumni.

There is no better time than now to start the process. Do your comparisons and analysis. Consider your options; compare the opportunities you are interested in: salaries, benefits, growth, buy-in, buy-out options, retirement, investments, etc. Get a sense of what the needs are in the labor market.

Remember, I am available to help you devise your career development action plan. I can answer questions you have about the opportunity listings. Please give me a call (7403) or email (TFaulkner@ico.edu).

Start thinking! Take action!

### ***Deans List***

The following full-time students achieved superior academic performance during the Fall, 2006 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Allen, Megan S.	Y4
Ambeault, Megan L.	Y4
Anand, Pooja	Y3
Anand, Radha	Y3
Anderson, Nicholas T.	Y3
Andrzejewski, Tiffany	Y1
Antymis, David P.	Y1
Aung, Kelly K.	Y1
Bakota, Jill M.	
Bakouris, Christopher J.	Y1
Barbadillo, Karen T.	Y4
Bartels, Amber E.	Y3
Bastermajian, Paul H.	Y3
Beatty, Rachael M.	Y2
Beaumont, Ian D.	Y1
Begotka, Brandon A.	Y2
Beloungy, Ryan E.	Y4
Bertelsen, Kristin L.	Y1
Betton, Kimberly M.	Y1
Beyersdorf, Kavit L.	Y2
Birnbaum, Suzanne J.	Y4
Bloomberg, Justin D.	Y2
Blow, Ronald K.	Y1
Borgman, Christopher	Y1
Bowen, Nicholas C.	Y1
Brafman, Shana B.	Y4
Breuer, Joni R.	Y1
Budahn, Michael S.	Y3
Burgers, Kyle D	Y1
Burke, Mark W.	Y1
Burke, Robert E.	Y3
Burton, Jennifer M.	Y1
Bush, Eileen M.	Y3
Camen, Jesse Ann	Y3
Cate, Leah A.	Y2
Chan, Vick	Y1
Chang, Joanne J.	Y4
Chaudhary, Neha	Y2
Chaudhery, Shmyla	Y4
Chinosornvatana, Arpirut	Y1
Cho, Simon	Y2
Choi, Albert	Y3
Christensen, Krystal	Y2
Cohen, Stephanie L.	Y2
Collison, Frederick T.	Y1
Colon, Diana	Y1
Copeland, Gina C.	Y1
Copilevitz, Lori A	Y1
Corl, Timothy R.	Y4
Crabtree, Ashley N.	Y2
d'Entremont, Naomi C.	Y2
Daugherty, Kelly M.	Y4
De Young, Kirk N.	Y1
DeLoss, Karen S.	Y3
Della Vedova, Nathaniel N.	Y4
Denny, Monica	Y4
Dhaliwal, Samandeep S.	Y4
Dhalla, Ruhee	Y1
Dhanoa, Hershminder	Y4
DiPasquale, Peter	Y2
Dodgen, Anne E.	Y2
Dokken, Seth A.	Y3
Domino, Lisa	Y3
Douangchak, Mark S	Y1
Drees, Adam J.	Y2

Drey, Eric M.	Y2	Hobbs, Amanda M.	Y4
Duong, Le M.	Y2	Huh, Ileen S.	Y1
Durst, Jennifer M.	Y1	Hur, Chee	Y1
Eng, Anne M.	Y1	Hutchins, Rachel A.	Y3
Eschmann, Alan P.	Y4	Ittner, Erica A.	Y2
Fahmy, Mona M.	Y4	Jang, Jeehye K.	Y4
Fan, Carol W.	Y2	Jison, Louis Raymond A.	Y3
Firby, Ashley	Y3	Johnson, Jalyn K.	Y1
Firby, Ashley	Y3	Jones, Jordan P.	Y3
Fischer, Londa L.	Y4	Jones, Kevin R.	Y3
Fitch, Phillip N.	Y1	Josephs, Andrew M.	Y4
Fix, Kalene	Y3	Kaur, Bimal	Y4
Fleming, Patrick J.	Y3	Kechker, Tanya	Y4
Flynn, William J.	Y2	Kellar, Jared L.	Y4
Frette, Bridget S.	Y4	Kieffer, Mindi	Y3
Gandhi, Vandana K.	Y3	Kielian, Magdalena	Y4
Gasca, Lan-Anh	Y4	Kim, Hayon	Y4
Go, Lenna	Y1	Kim, Paul S.	Y4
Goss, Kimberley D.	Y3	Knapp, Lanae B.	Y2
Grabar, Kristen A.	Y2	Kolodziejczyk, Jennifer G.	Y3
Graff, Genine M.	Y3	Konczal, Emily R.	Y4
Groesch, Mark W.	Y2	Kopp, Karen M.	Y1
Groshek, Delia A.	Y1	Kosir, Michael F.	Y2
Grove, Juliana	Y4	Kowalski, Rachel K.	Y1
Gula, Jennifer M.	Y3	Kremer, Kara S.	Y3
Habib, Roger	Y3	Krohn, Courtney A.	Y1
Hahn, Johanna K.	Y3	Kunkel, Matthew C.	Y4
Hajali, Manal	Y4	LaPlaca, Theresa M.	Y4
Halikias, Tanya	Y4	Lam, Natalie L.	Y3
Han, Anita M.	Y3	Landy, Michael V.	Y1
Han, Hannah	Y1	Langford, Matthew S.	Y1
Hanlon, Edward P.	Y4	Langle, Karina V.	Y4
Hansson, Anders S.	Y4	Le, Kim-Nhat N.	Y4
Harapiak, Alison	Y4	Le, Lan T.	Y2
Harvey, Andrew M.	Y4	Le, Tanya N.	Y3
Harvey, Mariah I.	Y3	Lee, Christine J.	Y1
Havens, Erin E.	Y4	Lee, Kelly J.	Y3
Hebda, Jonathan E.	Y2	Lee, Kobie	Y2
Heineman, Brooke J.	Y3	Lee, Lina	Y3
Hempelmann, Adrianna	Y2	Lee, Steven P.	Y4
Henney, Sara J.	Y1	Lehman, Megan E.	Y4
Henriksen, Nicole A.	Y1	Leung, Michael	Y2
Hileman, William S.	Y4	Lezondra, Beverly J.	Y4
Ho, Jamie C.	Y2	Lin, Jennifer M.	Y1



Lindemulder, Janna F.	Y4	Patel, Shreya N.	Y3
Lindsay, Elizabeth R.	Y2	Paul, Breanne M.	Y4
Lloyd, Crystal G.	Y3	Pavone, Christopher	Y3
Logisz, Catherine C.	Y2	Pena, Rocio	Y1
Lushko, Shauna B.	Y4	Penney, Rachel L.	Y3
Luu, Mai N.	Y2	Peotter, Callie M.	Y2
Lynch, Todd A.	Y4	Perin, Emily J.	Y1
MacDonald, Laura S.	Y2	Perry, Ellen S.	Y2
Madurski, Amanda L.	Y4	Perry, William D.	Y3
Manastersky, Natalka	Y2	Petraitis, Meagan J.	Y3
Manternach, Jeffrey T.	Y4	Pham, Mailynn H.	Y1
Markowitz, Michelle	Y3	Pham, Mary V.	Y4
Martinez, Keshia	Y3	Pham, Tu-uyen D.	Y4
May, Lindsay A.	Y1	Phan, Nga N.	Y4
Menconi, Michael W.	Y2	Phipps, Renee G.	Y3
Mezbur, Dzejna	Y4	Pott, Emily M.	Y3
Micah, Kweku M.	Y4	Prawdzik, Karyn B.	Y4
Millet, Lucia E.	Y1	Prettyman, Jessica L.	Y3
Misko, Melissa A.	Y3	Pruitt, Joseph A.	Y4
Moir, Allison	Y4	Quadri, Sofia N.	Y3
Mok, Miranda J.	Y2	Reyes, Catherine M.	Y1
Montcalm, Laurie I.	Y3	Rickels, Michael D.	Y1
Morfoot, Joseph B.	Y4	Rogoza, Krista B.	Y4
Mosley, Megan V.	Y2	Rovenstine, Sharon M.	Y3
Mus, Danny	Y3	Rutaysire, Nadia U.	Y2
Narbone, Katherine M.	Y4	Safratowich, Susan	Y2
Needham, Andrea M.	Y3	Scheurer, Ashley M.	Y1
Ngando, Anwi N.	Y4	Seagraves, Sandra K.	Y1
O'Brien, Patrick J.	Y2	Seiler, Allyson M.	Y2
Oliver, Kelly D.	Y1	Sera, Nina J.	Y3
Oltz, Melissa C.	Y4	Sheade, David M.	Y1
Ottaviano, Adam J.	Y1	Shepelenko, Marina	Y1
Owusu, Nana Y.	Y3	Sicks, Lindsay A.	Y1
Paczwa, Joanna M.	Y1	Skluzacek, Kristin M.	Y4
Paik, Andrew M.	Y3	Slusky, Joanna E.	Y1
Palermo, Laura D.	Y4	Smith, Barbara M.	Y4
Panovic, Angelina M.	Y4	Smith, Emily A.	Y4
Pappas, Priscilla A.	Y2	Smith, Kimberly D.	Y3
Park, Jenny Joo-Won	Y2	Smith, Shannon J.	Y3
Park, Jenny Y.	Y3	Smith, Stefan M.	Y3
Park, Jin H.	Y3	Snyder, Beth A.	Y4
Patel, Kathy H.	Y4	Sokol, Tessa L.	Y4
Patel, Komal M	Y1	Sommer, Jennifer L.	Y3
Patel, Rakhi R.	Y3	Springstroh, Cory A.	Y1

Stanton, Seth B.	Y1	Yu, Michael S.	Y1
Stephens, Andrea M.	Y3	Zaker, Joseph F.	Y4
Stola, Katherine A.	Y1	Zickel, Michelle L.	Y1
Strombeck, Tracey J.	Y3	Zorzi, Christina M.	Y4
Stuckel, Cassandra H	Y1		
Suits-Klyber, Stephanie L.	Y4		
Sweeney, Sean T.	Y4		
Tancabel, Katie N.	Y3		
Tedder, Taylor D.	Y4		
Tetting, Ryan P.	Y3		
Theye, Robin E.	Y3		
Thobani, Azzrah	Y2		
Thompson, Michaela J.	Y3		
To, Charlene	Y3		
Todd, Ann E.	Y1		
Tran, Marianne Yen Thi	Y4		
Tran, Trisha	Y3		
Trieu, Kevin	Y1		
Tseng, Tommy	Y2		
Twardowski, Matthew J.	Y1		
Ung, Susan A.	Y1		
Ursetta, Carla A.	Y3		
Van Vark, Michelle D.	Y3		
VanDeWyngaerde, Tara N.	Y4		
VanDyke, Angela M.	Y3		
Vandendool, Andrea J.	Y3		
Veire, Evan J.	Y3		
Vergin, Jacob B.	Y4		
Vien, Lee Q.	Y3		
Virji, Nysha	Y1		
Vong, Stephany M.	Y4		
Walker, Mathew T.	Y3		
Warren, Elizabeth A.	Y3		
Wei, Jolyn	Y3		
Wellnitz, Mark W.	Y1		
Werner, Rex A.	Y3		
Wilkinson, David A.	Y4		
Williams, Stacy A.	Y2		
Witzenburg, Eric W.	Y4		
Woolner, Timothy R.	Y2		
Wright, Carrie C.	Y4		
Wyckoff, Karen A.	Y4		
Yam, Jane	Y2		
Ymalay, Ian A.	Y4		

## Did You Know

*Dr. Colip*

### Is Dry Eye a Work-Related Disease Among Radiologists?

This study included 71 volunteers divided into two groups: 36 radiologists (Group 1) and 35 non-radiologist controls (Group 2). The ocular symptoms in both groups were burning, stinging, redness, foreign body sensation, photophobia and blurred vision. Schirmer's 1 and tear break-up time tests were used to assess tear function.

The distribution of eye symptoms in Group 1 was as follows: 16 radiologists (44.4 percent) presented with burning and stinging, 17 (47.2 percent) had foreign body sensation, 23 (63.8 percent) presented with redness, 11 (30.5 percent) had blurred vision and five (13.8 percent) presented with photophobia. As for Group 2, the following symptoms were noted: burning and stinging in eight control volunteers (22.8 percent), foreign body sensation in five (14.2 percent), redness in six (17.1 percent), blurred vision in three (8.5 percent) and photophobia in one control volunteer (2.8 percent). Tear break-up time test scores were 8.4 for Group 1 and 15.4 for Group 2; Schirmer's 1 test scores were 9.1 and 16.1 for Groups 1 and 2, respectively.

According to results of this study, dry eye syndrome occurs significantly more frequently in radiologists compared to non-radiologists. The working conditions and circumstances, including air-conditioned rooms, use of negotoscopes and exposure to diagnostic radiation, may be possible causative factors of this statistical outcome.

SOURCE: Ozkurt H, Ozkurt YB, Basak M. Is dry eye syndrome a work-related disease among radiologists? *Diag Interv Radiol* 2006;12(4):163-5.

## **Antifungal Activity of Fourth-Generation Fluoroquinolones**

The tube micro-dilutions test was used to determine antifungal activity for 21 Candida isolates and one quality control strain. The drugs evaluated included topical preparations of fluoroquinolones (FQs), moxifloxacin (Vigamox) and gatifloxacin (Zymar). Serial dilutions of moxifloxacin (0.5%, 0.25% and 0.125%) and gatifloxacin (0.3%, 0.15% and 0.075%) were prepared for the micro-tube dilutions test. Aliquots (0.01 microliters) were plated onto Sabouraud agar and colonies were counted.

Both drugs undiluted inhibited greater than 95 percent of growth at 24 hours. There was no significant difference between moxifloxacin and gatifloxacin at undiluted concentrations. However, the mean number of colony forming units in gatifloxacin group was significantly less than that of moxifloxacin at diluted concentrations of the drugs.

Current commercial topical preparations of moxifloxacin and gatifloxacin demonstrated a definite in vitro antifungal activity against ocular Candida species. However, clinical efficacy of these agents remains unproven. The greater inhibition of growth of organisms with gatifloxacin compared to moxifloxacin is possibly because of the presence of BAK in gatifloxacin.

SOURCE: Ozdek SC, Miller D, Flynn PM, Flynn HW. In vitro antifungal activity of the fourth generation fluoroquinolones against Candida isolates from human ocular infections. *Ocul Immunol Inflamm* 2006;14(6):347-51.

## **Special Report: Optometry Nets Legislative Successes Before 109<sup>th</sup> Congress Adjourns.**

U.S. senators, congressmen and other federal officials considered a range of issues important to optometrists and their patients before the 109th Congress adjourned on December 9. The AOA Washington office has

released updates concerning these issues. First, in a significant victory for U.S. ODs and patients, Congress voted down a special-interest contact lens sales and distribution provision backed by a two-year, \$2.2 million anti-optometry lobbying campaign by 1-800 CONTACTS. Optometry's victory on Capitol Hill follows successful efforts to defeat similar contact lens "channels of distribution" bills in eight states earlier in the year. Rejection of the bill came after a sustained grassroots effort by all of optometry to ensure that a crackdown on unscrupulous Internet contact lens sellers would be the top priority for revisions to the FCLCA. "Rarely are we in a position to be part of a great moment in optometric history," says Dr. Jack Schaeffer, chairman of the AOA Contact Lenses and Cornea Section. "The AAO meeting was such a moment, when hundreds of optometrists banded together with the AAO and the AOA leadership to protect the eye health of our patients. Witnessing this was like listening to the perfect symphony. It demonstrated the pride and the power of optometry."

On a second issue, Reps. Ed Whitfield (R-KY) and Tom Allen (D-ME) introduced the AOA-backed Contact Lens Consumer Health Protection Act, which will be reintroduced when the new Congress convenes in January. The bill seeks to strengthen patient-safety protections under the FCLCA by preventing Internet sellers from using automated telephone calls to contact optometric offices, allowing ODs to respond to verification requests by their choice of fax, e-mail or phone call from a live operator, and ensuring that each Internet seller maintains a toll-free patient-safety phone and fax hotline. The AOA is working with Senator Mark Pryor (D-AR) on a prescription verification bill to be introduced in the Senate in early 2007. Third, the AOA, working with concerned members of Congress and other physician groups, helped speed final passage of an emergency plan to prevent Medicare physician payments from being slashed starting on January 1, 2007. The Tax Relief and Health Care Act of 2006

was approved by the House on December 8th and by the Senate on December 9th, just before Congress adjourned. Included in the bill are provisions that the AOA helped to shape in an effort to avert the announced across-the-board cut of five percent in Medicare physician payments. (ODs, ophthalmologists and other providers may still face some unrelated reductions in Medicare payments next year--in the three-to-five percent range for optometrists--because of budget neutrality adjustments applied to work values and practice expense methodology changes.) The bill also calls for the implementation of a quality reporting system for physician services that offers potential bonus payments to physicians. Although the AMA has offered its support for the physician payment fix and other health provisions, it also indicated the need to work with the 110th Congress to address issues regarding the quality reporting framework.

## Tech Tips

Ahmed Mohammad

### How to search a lost file in Power Point?

Use the Basic File Search pane to find a presentation (Microsoft PowerPoint 2002/2003) Tips from [www.newhorizon.com](http://www.newhorizon.com)

You can use the Basic File Search pane to find a presentation that includes specific text. To do so:

1. In PowerPoint, select File | Search. The Basic File Search pane appears (if the Advanced File Search pane appears, simply click on the Basic File Search link near the bottom of the pane).
2. In the Search Text text box, enter a specific word or words that are in the presentation you wish to locate.
3. Click the Go or the Search button.

### Quickly jump from place to place in your document (Word 97/2000/2002/v. X/2003)

While revising a document, you'll eventually tire of reaching over to the mouse to scroll up and down. The familiar arrow keys, along with [Home], [End], [Page Up], and [Page Down],

are handy, but there are other shortcuts that may better suit your needs.

If you'd like to quickly move to the top of a specific page, press F5 or [Ctrl]G ([command]G on the Mac). This opens the Go To dialog box, where you specify the page you want. You can also jump to a particular section, bookmark, table, or other object in the Go To dialog box. This shortcut is especially handy when you're dealing with a long document.

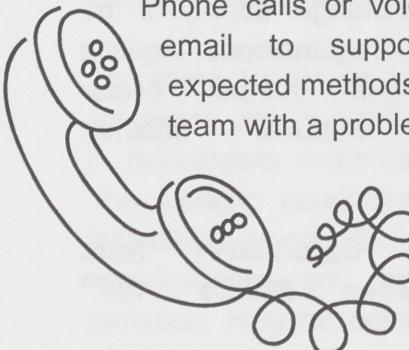
Use [Ctrl][Up Arrow] and [Ctrl][Down Arrow] to move to the previous or subsequent paragraph. Similarly, use [Ctrl][Left Arrow] and [Ctrl][Right Arrow] to move left or right in one-word increments. (On the Mac, use the [command] key in place of [Ctrl].)

To move to the beginning of a document, press [Ctrl][Home]. [Ctrl][End] takes you directly to the end of the document. Pressing [Ctrl][Page Down] and [Ctrl][Page Up] takes you to the beginning of the following page or previous page. (Again, on the Mac, use the [command] key in place of [Ctrl].)

If you edit one part of your document, and then move to another part of the document to continue editing, you can easily return to the previous place you were editing. To do this, press [Shift]F5 or [Alt][Ctrl]Z ([option][command]Z on the Mac). This command takes you to the last place you typed text, not necessarily the last place you clicked the mouse.

### IS contact procedures.

Phone calls or voice mail to x 7500 or email to [support@ico.edu](mailto:support@ico.edu) are the expected methods to contact the support team with a problem.



1. **Phone Request:** Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal

priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

## **2. System Support Email:**

A Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

## ***Spotlight on the Library***

by Kathryn Johnston

The Library will be closed Monday, January 15, in order to celebrate the Martin Luther King Holiday. The Library will be open normal hours Saturday-Sunday, January 13-14, and beginning again on Tuesday, January 16, 2007.

### **New Poster**

The Library has a new poster by Dr. Daniel Roberts on display titled "Potential Association between Long Anterior Lens Zonule and Plateau Iris Phenotypes." Take time to review his work but please direct all questions to the author.

### **Free Full Text Online Articles**

The Library has many journal articles available online. To see if the desired article is available via the web, go to the Library webpage from TheView, the Intranet or at <http://icolibrary/library.htm>. Click on Full Text Sources. Scroll down to see if the desired journal is available. (Most journals only have more recent years online.) If the journal is there, click on the hyperlink and choose the desired volume/year/page to access the article if you are on campus.

Some journals require a user id/password and those can be accessed from off-campus as well if you have the password list. Click on Passwords at the top of the page while still on campus to get the list of Library user ids and

passwords. Save, email to yourself or print the user id/password list for off-campus use.

If you need an article from VisionCite and it is not listed on our Full Text Sources list, it can be found in print form in the Library shelved under the journal's name. If you need an article to which the Library does not subscribe either in print or online, please contact a librarian and we will obtain it for you through interlibrary loan at no cost to you.

The Library staff is exploring new technology to improve access to online articles on campus. Watch for new links from the library homepage in the coming months and expect this process to be easier starting in February.

### **New Books**

*Corneal Topography in the Wavefront Era: a Guide for Clinical Application.* RE336 .C685 2006

*Evidence-based Eye Care.* RE48 .E95 2007

*Recent Advances in Ocular Therapeutics.* RE1.I7 v.46 no 4 Fall 2006

*Resumes for Health and Medical Careers: with Sample Cover Letters.* HF5383 .V4 2004

*Expert Resumes for Health Care Careers* by Wendy S. Enelow and Louise M. Kursmark. R690 .E527 2004

*Nutrition Essentials and Diet Therapy,* by Nancy J. Peckenpaugh. RM216 .P67 2007

*Williams' Essentials of Nutrition and Diet Therapy,* by Schlenker. RM216 .W683 2007

*Harry Potter and the Sorcerer's Stone,* by J.K. Rowling. RRCF .R796P (The Library appreciates donations to our recreational reading section.)

*SECO International: Set your Sights Ahead* (2006 : Atlanta, Ga.) on DVD. CDR 121 2006 (These recordings of the SECO lectures are very useful for continuing education and can be listened to in a car.)

### **Illinois Income Tax Forms**

The State of Illinois has provided the library with Illinois tax forms. Illinois residents can file online for free at <http://www.>

revenue.state.il.us/. The United States government stopped distributing tax forms via libraries last year. Federal forms and e-filing are available at <http://www.irs.gov>.

We hope you enjoyed the winter break and we look forward to assisting you in the Library.

## C L A S S I F I E D S

No Classifieds at this time.

## R E S I D E N C I E S

The following residency information is now available in the residency information file in the Student Affairs office:

### Brochure from the University of Missouri at St. Louis School of Optometry

*Includes information on the following programs:*

1. Primary Care/Geriatrics at the St. Louis Veterans Affairs Hospital
2. Primary Care/Ocular Disease at the Columbia Veterans Affairs Hospital

3. Ocular Disease and Low Vision Rehabilitation at the Eye/VICTORS Clinic, Kansas City Veterans Affairs Medical Center
4. Pediatrics/Binocular Vision at UMSL
5. Cornea/Contact Lens at UMSL

### Nova Southeastern University School of Optometry:

1. Primary Care with Emphasis in Cornea and Contact Lenses
2. Primary Care with Emphasis in Ocular Disease
3. Primary Care with Emphasis in Pediatrics and Binocular Vision
4. Primary Care with Emphasis in Geriatrics and Low Vision

### Indiana University School of Optometry

1. Cornea & Contact Lens
2. Ocular Disease
3. Pediatric Optometry
4. Primary Eye Care
5. Refractive & Ocular Surgery

# S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!  
All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the south wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>ALCON</b> <b>4<sup>th</sup> Year Optometry Student 2007 Scholarship Award – Case Study</b>	<ul style="list-style-type: none"> <li>• 4th Year Students</li> <li>• Case Report of ALCON product</li> </ul>	\$1,000 National Winner gets an additional \$5,000	<b>January 31, 2007 to Student Affairs Office</b>
<b>Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Legal domicile in the greater Chicago metropolitan area.</li> <li>• Jewish students with promise</li> </ul>	\$500,000. available funds	To apply go to <a href="http://www.jvschicago.org">www.jvschicago.org</a>
<b>Optometric Physicians of Washington</b> OPW Student Member of the Year Award – 2006-07 Nominations	<ul style="list-style-type: none"> <li>• Outstanding OPW 4<sup>th</sup> year student member</li> <li>• Leadership, academic, and public concern</li> </ul>	No Monetary Award	<b>February 1, 2007 to OPW</b>
<b>AOF</b> <b>Carl Zeiss Vision (CZV) Fellowship</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year Students</li> <li>• One page statement</li> <li>• Curriculum Vita</li> <li>• Submit as a PDF file</li> </ul>	\$5000	<b>March 7, 2007 to Student Affairs Office</b>
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	<b>April 1<sup>st</sup> to Student Affairs</b>
<b>AOSA Vistakon Travel Grant</b>	<ul style="list-style-type: none"> <li>• 500 word essay</li> <li>• Good academic standing</li> <li>• 1 page curriculum vitae</li> <li>• AOSA member</li> <li>• Registered for Optometry meeting by June</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	<b>Submit to SAO by April 2, 2007</b>
<b>AOA</b> <b>2007 Patrick Everett Cummings Memorial Scholarship Fund</b>	3 <sup>rd</sup> year student the AOSA and AOA Good Academic Standing Resume or summarize academic accomplishments Paper under 1,500 words	\$3,000	<b>Submit to Student Affairs by April 2, 2007</b>
<b>AOA</b> Allergan Student Award	<ul style="list-style-type: none"> <li>• Paper on “Contemporary Challenges in the Diagnosis of Management of Dry Eye”</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS’ annual meeting</li> </ul>	\$2,000 And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141

<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>• Research on "Decision Making in Contact Lens Practice, the Why and the When."</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	\$2,000 And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>• Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....?</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	\$2,000 And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>AOA Vistakon Resident Award</b>	<ul style="list-style-type: none"> <li>• Resident Award addressing "My Most Challenging Contact Lens Case."</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	\$2,000 And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>The 2007 Dr. Seymour Galina Grant AOA</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year in AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Paper under 1,500 words</li> </ul>	\$2,500	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>• Canadian or American Citizenship</li> <li>• Male or female</li> <li>• GPA of 2.7</li> </ul>	Up to \$3,000	<b>Filing date for mailing is June 1, 2007</b> Applications available online at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>

The Student Affairs Office has more information, so stop by and check it out.

## FITNESS CORNER

**Shamrock Shuffle**  
 The LaSalle Bank Shamrock Shuffle, a competitive 8K run, will be held on Sunday, March 25. There is also a 5K non-competitive, untimed fun



walk. Registration is \$35 and includes participant t-Shirt, finisher's medal and one post-race party beer ticket. The race takes place in Grant Park and registration will close when the maximum 30,000 participants is reached (combined 8K and 5K Fitness Walk total). For more information or to register visit <http://www.shamrockshuffle.com/>. If you are interested in participating with a group

from ICO please contact Shelby Lalich at X7460 or [slalich@ico.edu](mailto:slalich@ico.edu).

### Massage Therapy

Does your new year resolution workout have you feeling sore? Do you need to relax after the holidays? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a massage!

Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina will be on-campus Thursday, January 25.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to

provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE ...	
Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### *Eye on Wellness*

If you have trouble working several servings of fruits and vegetables into your daily diet, head for the salad bar. In a study of more than 17,000 people, those who ate just one salad a day were more likely to get the recommended amount of key nutrients, including vitamins C and E and folic acid, than non-salad eaters. To fully reap the salad's health benefits, trade the croutons and fried noodles for a colorful variety of veggies with some low-fat dressing on the side.

This information is provided by Consumer Reports on Health.



## American Optometric Association Contact Lens and Cornea Section

### Attention Students and Residents!

The CLCS is excited to announce **four research award opportunities**.

Students and contact lens/anterior segment disease residents will be asked to write research papers on a variety of topics that are highly pertinent to the field of contact lenses.

Allergan is supporting a **student** award for research papers dedicated to the "Contemporary Challenges in the Diagnosis and Management of Dry Eye."



CIBA Vision is supporting a **student** award for research on "Decision Making in Contact Lens Practice, the Why and the When."



CIBA is supporting a second **student** award reviewing "The Evolution of Continuous Wear: How has our knowledge of corneal oxygen requirements, material oxygen transmission, tear exchange behind the lens and ocular pathogens, shaped our thinking about continuous wear contact lenses?"



Vistakon is supporting a **resident** award addressing "My Most Challenging Contact Lens Case."



Each award will include:

- One first-place award providing a \$2,000 check, round-trip coach airfare and two-nights stay at Optometry's Meeting™, as well as meal reimbursement, a prestigious plaque, and acknowledgement at the Annual Business Meeting of the CLCS at Optometry's Meeting™ this coming June in Boston.
- Two "runner-up" awards will provide a \$1,000 check and certificate.

#### AWARD SUBMISSION CRITERIA:

1. Must be a current CLCS member.
2. Must meet the submission deadline of April 30, 2007.
3. Must include complete contact information with submission.
4. Must specify which award submission research paper covers.
5. Must be present at the AOA CLCS' Annual 2007 Optometry's Meeting™ events.

The CLCS Awards Committee will review and score the research papers on relevancy, clinical findings/analysis, and conclusion write-up. Highest score wins!

Submissions should be e-mailed to [LJRickard@AOA.org](mailto:LJRickard@AOA.org) and a copy mailed to:  
AOA Contact Lens and Cornea Section, Attn: Lila Rickard, 243 North Lindbergh Boulevard, Floor 1,  
St. Louis, MO 63141

Applicants will be notified of the committee's decision prior to May 25. For further questions, please contact Lila Rickard at (800) 365-2219 x 4137.

**SPRING 2006-2007 EXAM SCHEDULE**

AS OF JANUARY 5, 2007

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Mar 13 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 15 TH		BHS 256 Ocular Pharmacology Room 1200-1203	
Mar 16 F	BHS 116 Physiology Room 1200-1203		
Mar 20 T	CLE 162.3 Optometry Room 1200-1203	BHS 222 Theo & Physical Optics Room 1201-1202	
Mar 23 F	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Mar 27 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 28 W			CLE 376.2 Strabismus & Amblyopia Room 1200-1203
Mar 29 TH		BHS 266 Microbiology Room 1200-1203	
Mar 30 F	BHS 140.2 Sensory Room 1200-1203		
Apr 2 M		BHS 261 Physical Diagnosis Room 1200-1203	
Apr 4 T	BHS 116 Physiology Room 1200-1203		
Apr 5 TH		BHS 256 Ocular Pharmacology Room 1200-1203	CLE 379 Infant & Child Development Room 1201-1202
Apr 10 T			BHS 364 Neuro-Ophthalmic Disorders Room 1200-1203
Apr 11 W		CLE 262.4 Binocular Anomalies Room 1200-1203	
Apr 12 TH	CLE 162.3 Optometry Room 1200-1203		
Apr 13 F		BHS 222 Theo & Physical Optics Room 1200-1203	
Apr 16 M	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Apr 20 F	BHS 111 Neuroanatomy Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 24 T	BHS 116 Physiology Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
Apr 25 W		BHS 256 Ocular Pharmacology Room 1200-1203	
Apr 27 F	BHS 140.2 Sensory Room 1200-1203		CLE 380.3 Clinic Exam Room 1201-1202 <b>NOTE 8:00 AM</b>
Apr 30 M	CLE 170 Physiological Optics Room 1200-1203		
May 2 W			BHS 364 Neuro-Ophthalmic Disorders Room 1200-1203

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# Focal Point

## C A M P U S N E W S

### *Immigration Service Seminar*

Lavern Young, Registrar

Citizenship and Immigration Service Seminar for International Students will be held on January 30, 2007 in the Adams Center at noon. Mr. Robert White, an immigration attorney with the law firm of Masuda, Funai, Eifert & Mitchell, Ltd. is coming to our campus on Tuesday, to discuss how the immigration regulations affect you as a student and will later affect you as a graduate of a United States educational institution. His discussion will include the processes for optional practical training, H1B visa, dual residency, permanent residency, etc.

Please make every effort to attend this important and informative seminar. The seminar should last approximately 1-1½ hours.

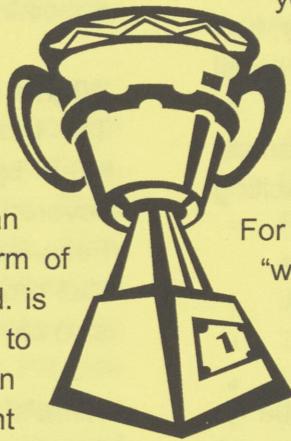
If you have any questions or concerns, please feel free to stop by my office in the Registrar's Office

### *Fall 2006 Dean's List the longest ever!*

Dr. Colip

An impressive number of 288 (47.6%) students were placed on the Fall quarter Dean's List. Fall, 2006 had the highest number of recipients since ICO started the

Dean's List in 1999. Congratulations to all students for your excellent efforts in mastering your professional studies.



### *Graduation with Honors*

Dr. Colip

For those students interested in graduating "with honors" the required cumulative GPA in each category at ICO is:

Summa Cum Laude – 3.90 to 4.00

Magna Cum Laude – 3.75 to 3.89

Cum Laude – 3.50 – 3.74

Go for it!

### *Commencement News*

#### *Commencement Activities*

Mark your calendars for May 16<sup>th</sup>. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:30 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown, yearbook pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 19. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2007 will be

held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel

#### **Hotel Rooms**

Have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP, this is a very busy week-end in Chicago because of the restaurant convention.

#### **2007 Commencement Choir**

Any faculty or O.D. degree candidates who would like to be part of this year's commencement choir, please contact Mona Fahmy, box 39 or Tessa Sokol, box 685 or email [mfahmy@eyedoc.ico.edu](mailto:mfahmy@eyedoc.ico.edu) or [tsokal@eyedoc.ico.edu](mailto:tsokal@eyedoc.ico.edu) at your earliest convenience. Come join us on the exciting day to sing the ICO Alma Mater.

### ***Attention: Third Year Students***

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on Wednesday, February 28th to accept your picture selection for the 2008 graduation composite and also take orders for graduation pictures. The proofs will be placed in your ICO mailboxes during the first week of February. We hope to have all orders returned to you before you leave for externship this summer.

### ***2007 - 2008 RC Room Assignments***

If you are interested in living in the RC for the 2007-2008 academic year, please sign up in the Student Affairs Office. The sign up sheet will be available from Monday, January 29<sup>th</sup> at 9am until Friday, February 16<sup>th</sup> at 4pm. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Questions? Contact Andrea Vandendool (7956), or Casey Bartz (7808).

## ***ICO Student Health – ACCESS at the IEI***

#### **What is it?**

Acute healthcare for ICO students is now being provided by ACCESS at IEI. ACCESS is a network of community health care clinics throughout the Chicagoland area. They have a clinic on the 2<sup>nd</sup> floor of the IEI.

#### **Why would I go there?**

If you're not feeling well, have a minor injury, or need an immunization, consider making an appointment with ACCESS. Often same-day appointments are available.

#### **What's covered?**

The professional fees associated with being seen by a care provider at ACCESS are covered under the Student Health Agreement. Fees associated with the administration of ICO required immunizations and TB tests are also covered.

#### **What's not covered?**

Charges for any outside laboratory tests and vaccines are your financial responsibility.

Routine care visits (physicals or women's wellness) and care for serious ongoing conditions are not covered under the Student Health Agreement. You may schedule appointments for those services, realize you are responsible for the related fees.

ACCESS at IEI is not an emergency care center. Serious medical situations still necessitate a call to 911 or visit the local Emergency Room.

#### **Where are they?**

ACCESS' check-in staff member is situated at the IEI's main reception desk. They can schedule appointments and let you know if same day or walk-in appointments are available. They can also be reached by calling ext. 7770.

**What if I need my previous medical records or immunization/TB record?**

You may request your records either by calling 312-949-7229 or emailing bkarmis@ico.edu.

## **Practice Opportunities Symposium**

Please mark your calendars for 2 great upcoming events. The first is the 10th Annual **Practice Opportunities Symposium** - Friday, March 2nd. The second event is a new full-day program "**Symposium Saturday**" which takes place on Saturday March 10th, 2007.



This year's Practice Opportunities Symposium theme is **Business Leaders in Eye Care**. Headlining the event: we have 5 doctors. They are from Canada, California, Nevada, New York, and Illinois. All 5 are alumni, and they are seeking to hire aspiring optometric professionals. Also presenting at the Practice Opportunities Symposium is an attorney who primarily handles the sale and acquisition of optometric practices and a veteran Certified Public Accountant, who happens to be a member of the board of trustees at the college.

You won't want to miss this year's Symposium. Even if you have come before - come again! The presenters have you in mind with information to help you in your future. Besides their formal presentations, they will be taking questions directly from you in the audience.

After the presentations, an exposition takes place in the gym. There will be food and drinks. The highlights include as many goods and service providers to the optometric profession as we can have filled in the gymnasium and along the corridors. This is your chance to get to see new technology in optometry, equipment providers, pharmaceutical companies, law firms, malpractice insurance carriers, optometric vision care representatives, and many of them will have special gifts for you. The panelists will have booths, and here is

your chance to connect with a doctor who may be your future employer, a good contact or lead to have for future reference. There will be door prizes and give-a-ways.

### **Saturday Symposium**

The following Saturday, March 10th from 8:00 a.m. – 5:00 p.m. in the Lecture Center will be the second part of the symposium activities. It will be a workshop series by veteran O.D. lecturers, Drs. Scott Morris and Ian Ben Gaddie on practice management. This day is sponsored by Allergan and Inspire. Meals will be provided. The practice management lectures are broken up into sessions on topics to include:

- Contracts and Negotiations
- Associates
- Employee Buy-ins, Buy-outs
- Financial and optometric software/technology
- Writing a Business Plan
- The Nuts and Bolts: Starting a Practice
- Hiring non-O.D. staff and H-R issues
- Running a successful optical
- Billing & Coding
- Patient care issues and lots of other critical issues in optometry.

The duo travel extensively world-wide speaking and presenting to various optometric institutions and related industries. Many times, they are hired as consultants for large recruitment events by successful private practitioners, group and multidisciplinary practices, pharmaceutical companies, manufacturing companies, research teams, and product development efforts. This **Symposium Saturday** is jammed packed with critical information on nearly all aspects of practice management.

It is in your best interest to attend these informative Symposia. For more information contact Tracy Faulkner at x7403 or the officers of the Private Practice Club (Heidi Bartell, Betsy Wright, Jennifer Hunsader, Mindi Kieffer or Abbie Rondeau).

## **Lockers Reminder**

### **Attention Fourth Year Students Leaving ICO for Off-Campus Externships in Spring**

Please take the responsibility of removing your belongings and your lock from your locker to make the locker available for another fourth year student returning from an externship site. Also please inform Kathy in the Student Affairs Office (7401) which locker you are vacating.

### **Attention Fourth Year Students Arriving On-Campus from Off-Campus Externships**

If you are in need of a locker, please find an available locker and stop by to see Kathy in the Student Affairs Office to register for it. It is advisable to have a lock handy to place immediately on your locker. Thank you for your cooperation.

## **Toy Drive**

### **2nd Annual ICO Christmas Toy Drive**

A special thank you to everyone who contributed to the toy drive for Michael Reese Hospital this year. We collected over 100 toys which helped to brightened the Christmas of many deserving children. Thanks again for all the contributions and donations.

Student Association



## **Summer Research at SUNY**

The SUNY, State College of Optometry has a summer research program supported by the National Eye Institute. The T-35 program is designed to help avoid a future shortage of clinician investigators by attracting health professional students into clinical and health-related research as a career. We will have at least six trainee fellowship slots that are open to students who have just completed their first or second years in any optometry program. U.S. citizenship or permanent residence is required. Special consideration will be given to students from underrepresented ethnic

minorities. Optometry students who participate in the program receive an NEI Pre-doctoral Research Fellowship will receive at least \$3,437 for 10 weeks during the summer. This year, the dates are June 4 through August 10. However, under special circumstances, dates can be adjusted depending upon a student's own academic calendar. Students will be paid twice, in mid July and then at the end of the 10 week period. Thus, all students should be prepared to cover their own expenses early on.

*Jerry Feldman, Ph.D.*

*Associate Dean for Graduate Studies and Research*

**SUNY, State College of Optometry**

33 West 42nd Street, room 1542

New York, N.Y. 10036

Phone: 212 938-5541

Fax: 212 938-5537

e-mail: jfelman@sunyopt.edu

## **Did You Know**

*Dr. Colip*

### **DNA Nanoparticles safely deliver and express DNA in Mouse Retina**

Copernicus Therapeutics, Inc., a privately held biotechnology company developed with the goal of delivering nucleic acid therapeutics, recently announced that a research team at the University of Oklahoma Health Sciences Center demonstrated that the Copernicus' DNA nanoparticles safely and effectively delivered and expressed DNA in the rods and cones of mouse retinas. According to the research team, current data indicate that greater than 95 percent of these retinal cells expressed the DNA nanoparticle and that there was no evidence of toxicity. The findings, published in December in the journal PLoS ONE, have significant implications for the development of DNA-based therapeutics for various eye disorders, including retinitis pigmentosa and macular degeneration, company officials said. The results suggest that genetic replacement therapy is feasible for various eye diseases, according to Copernicus. The nanoparticle formulation permits a non-viral approach to

treating human disease by introducing a normal copy of the underlying gene responsible for the disease process. In addition to corrective therapy for genetic diseases such as retinitis pigmentosa, nucleic acid nanoparticles may provide effective treatments for more complex disorders such as diabetic retinopathy, macular degeneration and diseases that injure ganglion cells and the optic nerve. For more information, go to [www.cgsys.com](http://www.cgsys.com).

### Vision Disorders Cost U.S. Economy Billions

A report in this month's Archives of Ophthalmology estimates the societal economic burden and the governmental budgetary impact of the following visual disorders among U.S. adults over the age of 40: visual impairment, blindness, refractive error, age-related macular degeneration (AMD), cataracts, diabetic retinopathy and primary open-angle glaucoma. Researchers estimated three components of economic burden: direct medical costs, other direct costs and productivity losses. They used private insurance and Medicare claims data to estimate direct medical costs; epidemiologic evidence from published literature to estimate other direct costs, such as nursing home costs; and data from the Survey of Income and Program Participation to estimate productivity losses. They used budgetary documents and direct medical and other direct costs to estimate the approximate impact on the government's budget.

They estimate that the annual total financial burden of major adult visual disorders is \$35.4 billion and the annual governmental budgetary impact is \$13.7 billion. They estimated direct medical costs of about \$6.8 billion for cataracts, \$5.5 billion for refractive error, \$2.9 billion for glaucoma, \$575 million for AMD and \$493 million for diabetic retinopathy. The majority of direct medical costs included outpatient services and medications, while inpatient costs accounted for almost no costs.

### Administration Appeals Ruling on Blind-Friendly Bills

Justice Department lawyers filed an appeal that seeks to overturn a ruling last month ordering the Treasury to come up with ways for the blind to recognize the different denominations of U.S. paper currency. The ruling, issued by Judge James Robertson, was the result of a suit brought by the American Council of the Blind. Judge Robertson said the current practice violates the Rehabilitation Act, which prohibits discrimination on the basis of disability in government programs. In his ruling, he noted that of 180 countries issuing paper currency, only the U.S. prints bills that are identical in size and color in all their denominations. Justice department lawyers argued that visually impaired people are not denied "meaningful access" to money by the way the nation's currency is designed. They noted the existence of portable reading devices, which many say are slow and expensive, and suggested blind people use credit cards as an alternative to currency.

### Tech Tips

Ahmed Mohammad

**How do I set a recurring appointment in GroupWise?**

1. Choose the Calendar folder from the folder list.
2. Double click in Appointments.
3. Fill in the appropriate information.
4. Click on the calendar icon beside the "Start Date" field (or select Actions, Auto Date from the menu commands). The Set Date window will appear.
5. Click on Select Recurring. The Auto-Date window will appear.
6. Select:  
By Dates lets you select specific days from a year calendar.
7. Click on the date(s) you want the recurring appointment/note/task to appear on the calendar.

8. Press OK when complete
9. Complete the information.
10. Press OK when complete

#### How do I add contacts to an address book in GroupWise?

1. Open the **Address Book** and select the book where you want to add someone. (Note: Only GroupWise administrators can add/remove entries from the Novell GroupWise Address Book.)
2. Press the **New** button on the toolbar, select **Contact** and press **OK**.
3. Enter the first name, last name, and email address of the person you're adding. Press the **Add** button located next to the email address. Enter any other information you want to save for this person, such as phone numbers, contact information (located on the contact tab) or personal information (located on the personal tab).

#### Disable new features that are incompatible with Microsoft PowerPoint 2000 (Microsoft PowerPoint 2002/2003)

If you need to create a presentation in PowerPoint 2002 or 2003 and you know it will be run on a PC with 2000, you can disable new features that are incompatible with 2000.

To do so:

1. Select Tools | Options from the main menu bar and click on the Edit tab.
2. Select all the check boxes in the Disable New Features section.
3. Click OK to save your settings and exit the dialog box

#### *Spotlight on the Library*

by Kathryn Johnston

##### New Poster

A new poster is displayed in the Library: "Atypical Presentation of Neurofibromatosis as a Progressive Glioma in African American Male" by Doctors S. Block, C. Sheker, and R. Baumfalk. Take time to review their work but please direct all questions to the authors.

#### New Library Service: Finding Full Text Articles Online Gets Easier

By Sarah Morris

Serials/Indexing Librarian

In the course of your time at ICO, you probably come across journal articles you need or want to read quite frequently. "But how, you ask, do I find out if I can get it online?" Keep reading to learn the answer.

If you are on campus, go to the Library's homepage from The View, the Intranet or directly at <http://icolibrary/library.htm>. Select the blue button labeled: Full Text Sources to find one of the nearly 8,000 full text journals available to you. A new window will open with a search box; enter the name of the journal you seek and select Go or browse an alphabetical list by clicking on a letter of the alphabet above the search box. Each result displays the title as well as the date range ICO has access to.

From the search results, select the title you are looking for by clicking on the journal name or on the red swirl beneath the title. If your search returns no results found, then ICO does not currently have online access to that journal. You can check to see if we have a print copy by searching the Library's Online Catalog: select the Online Catalog button on the Library's homepage and enter the name of the journal. If you still can't find the journal you're looking for, contact the library and we will get it for you via Interlibrary Loan.

If you do find the journal you want and click one of the links, a new window will open giving you the option to enter any citation information you have (year, date, and/or page). If a password is required it will be listed on this page. You can enter any citation information in the fields or leave them blank. When you select Go, another new window will open leading you to the journal you requested. Each publisher is different, but you will arrive at a page for the journal. You need only find the particular year, issue number, and article that you want. Enter any password

information from the preceding window as you are prompted.

You may also have noticed that the Library's website has changed slightly. The button on the homepage labeled More Full Text Sources contains several sections of interest to all ICO users. These include e-books (like Duane's, PDR or the Wills Eye Manual), additional full-text journals that require passwords, searchable databases, useful websites, and state rules and laws.

When you are off campus, the new journal search engine is unavailable. However, you can visit the external Library website at <http://library.ico.edu/> and select Electronic Resources to find out which journals are available freely on the web, which require passwords (available upon request), and which you'll need to save for a trip to campus.

Still have questions? If so, please feel free to drop by the library, send us an email ([cshepard@ico.edu](mailto:cshepard@ico.edu)), or give us a call (312-949-7158) at any time. We are happy to help!

#### **Used Book Sale**

On Monday Jan 29, the library will begin a book sale of old and discarded books at 9:00 am. The sale will last the week or until the books are gone. Sale price: \$1 a volume. Stop by for bargains.

#### **New Books**

*Borish: a biography*, by William Baldwin.  
RE946 .B67 B34 2006

*Perimetry and the fundus: an introduction to microperimetry*, edited by Edoardo Midena. RE79.P4 P4722 2007

*Clinical techniques in ophthalmology* / by Simon N. Madge et al. RE75.C55 2006

*Ophthalmic ultrasound: a diagnostic atlas*, by Cathy W. DiBernardo, Ellen F. Greenberg. RE79.U5 D5 2007

*Mind sights: original visual illusions, ambiguities, and other anomalies, with a commentary on the play of*

*mind in perception and art*, Roger N. Shepard. QP495 .S47 1990

*Rigid gas-permeable lens fitting*, by Andrew Franklin, Ngaire Franklin. RE977.C6F61 2007

*Soft lens fitting*, by Andrew Franklin, Ngaire Franklin. RE977 .C6F72 2007

## **C L A S S I F I E D S**

#### **Looking for a Spring work study position??**

Suite Technicians -

Wed 8:45-11:30 am Suite I and II

Wed 12:45-3:45 pm Suite II

Wed 3:45-6:30 pm Suite I and II

Thu 8:45 - 11:30 am Suite I

Sat 8:45- 11:30 am Suite I

#### **Calling & Recalling Patients-**

Tue, Wed, Thu, & Fri - any 3 hour time block

#### **Front Desk Assistant-**

Mon 9-11 am

Tue 9-11 am or 4-6 pm

Wed 9-11 am, 1-3 pm, or 4-6 pm

Thu 9-11 am

Fri 9-11 am

If interested please contact Dr. Rozwat @ [arozwat@ico.edu](mailto:arozwat@ico.edu)

#### **Request for Lab TAs for Spring Optometry Lab CLE 262.3**

The Spring 2nd year optometry lab needs TAs. If you are interested in applying please let me know what sections you could assist in. If there is more than one possible day you could TA, please state your preferences as to 1st, 2nd etc. Your responsibilities will include grading homework assignments as well as assisting the students during lab. Labs meet Monday through Friday 9 am -12 noon.

We will need 5 TAs per lab section.

Thanks for your interest!

Dr. Trachimowicz

## R E S I D E N C I E S

Residency information is available in the residency information file in the Student Affairs office:

## S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
<b>ALCON</b> <b>4<sup>th</sup> Year Optometry Student 2007 Scholarship Award – Case Study</b>	<ul style="list-style-type: none"> <li>• 4th Year Students</li> <li>• Case Report of ALCON product</li> </ul>	\$1,000 National Winner gets an additional \$5,000	January 31, 2007 to Student Affairs Office
<b>Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Legal domicile in the greater Chicago metropolitan area.</li> <li>• Jewish students with promise</li> </ul>	\$500,000. available funds	To apply go to <a href="http://www.jvschicago.org">www.jvschicago.org</a>
<b>Optometric Physicians of Washington</b> OPW Student Member of the Year Award – 2006-07 Nominations	<ul style="list-style-type: none"> <li>• Outstanding OPW 4<sup>th</sup> year student member</li> <li>• Leadership, academic, and public concern</li> </ul>	No Monetary Award	February 1, 2007 to OPW
<b>AOA Student Leadership Award</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year in good standing with AOSA</li> <li>• Proven Leadership Roles</li> <li>• One page Curriculum Vita</li> <li>• Brief statement</li> <li>• Good academic standing</li> </ul>	\$1,000	February 19, 2007 to Student Affairs Office
<b>AOF</b> <b>Carl Zeiss Vision (CZV) Fellowship</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year Students</li> <li>• One page statement</li> <li>• Curriculum Vita</li> <li>• Submit as a PDF file</li> </ul>	\$5000	March 7, 2007 to Student Affairs Office
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	April 1 <sup>st</sup> to Student Affairs
<b>AOSA Vistakon Travel Grant</b>	<ul style="list-style-type: none"> <li>• 500 word essay</li> <li>• Good academic standing</li> <li>• 1 page curriculum vitae</li> <li>• AOSA member</li> <li>• Registered for Optometry meeting by June 1</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	Submit to SAO by April 2, 2007

<b>AOA 2007 Patrick Everett Cummings Memorial Scholarship Fund</b>	3 <sup>rd</sup> year student the AOSA and AOA Good Academic Standing Resume of summarize academic accomplishments Paper under 1,500 words	\$3,000	<b>Submit to Student Affairs by April 2, 2007</b>
<b>Walman Optical Company Scholarship Program</b>	• 2 <sup>nd</sup> and 3 <sup>rd</sup> years • Application	\$300 - \$3,000	<b>Postmarked by April 10, 2007</b>
<b>AOA Allergan Student Award</b>	• Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eye" • Current CLCS Member • Present at AOA CLCS' annual meeting	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>AOA CIBA Vision Award</b>	• Research on "Decision Making in Contact Lens Practice, the Why and the When." • Current CLCS Member • Present at AOA CLCS' annual meeting	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>AOA CIBA Vision Award</b>	• Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....? • Current CLCS Member • Present at AOA CLCS' annual meeting	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>
<b>AOA Vistakon Resident Award</b>	• Resident Award addressing "My Most Challenging Contact Lens Case." • Current CLCS Member • Present at AOA CLCS' annual meeting	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a>  Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 <b>St. Louis, MO 63141</b>

<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year in AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Paper under 1,500 words</li> </ul>	\$2,500	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>• Canadian or American Citizenship</li> <li>• Male or female</li> <li>• GPA of 2.7</li> </ul>	Up to \$3,000	<b>Filing date for mailing is June 1, 2007</b> Applications available online at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>

**For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the south wall.**

## FITNESS CORNER

### Shamrock Shuffle

The LaSalle Bank Shamrock Shuffle, a competitive 8K run, will be held on Sunday, March 25. There is also a 5K non-competitive, untimed fun walk. Registration is \$35 and includes participant t-Shirt, finisher's medal and one post-race party beer ticket. The race takes place in Grant Park and registration will close when the maximum 30,000 participants is reached (combined 8K and 5K Fitness Walk total). For more information or to register visit <http://www.shamrockshuffle.com/>. If you are interested in participating with a group from ICO please contact Shelby Lalich at X7460 or [slalich@ico.edu](mailto:slalich@ico.edu).

### Massage Therapy

Are you feeling the stress of approaching finals? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a massage!

Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from



simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at X7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina will be on-campus Thursday, February 8.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE.	
Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### *Eye on Wellness*

#### Purify Yourself

The next time you buy bottled water, consider the following tips from *The Drinking Water Book: How to Eliminate Harmful Toxins from Your Water*



by Colin Ingram.

- Of the six basic kinds of bottled water—drinking, purified, fluoridated, mineral, natural-source and specialty—drinking water and purified water are the best overall choices, under the condition that the purified water is not stored in plastic bottles.
- Choose a well-known, major brand of water. Large companies generally use the most effective purification process and have the best quality control.
- Try to choose a brand produced by a company that is a member of the International Bottled Water Association, which are subject to more testing.
- Buy bottled water from a store that sells plenty of water, since they have it on the shelves for the shortest time.

This information is provided by *American Fitness*

### Dust of Snow

by Robert Frost (1923)

The way a crow  
Shook down on me  
The dust of snow  
From a hemlock tree

Has given my heart  
A change of mood  
And saved some part  
Of a day I had rued.

DUE TO STUDENT AFFAIRS OFFICE  
BY 2/19/07



American Optometric Association

243 N. Lindbergh Blvd. • St. Louis, MO 63141 • (314) 991-4101

FAX: (314) 991-4101

## ATTENTION: THIRD-YEAR STUDENTS!

WANT TO SECURE EXTRA MONEY FOR FOURTH-YEAR TUITION?  
APPLY NOW FOR THE AMERICAN OPTOMETRIC ASSOCIATION'S

### \$1,000 STUDENT LEADERSHIP AWARD

The American Optometric Association is pleased to offer the Student Leadership Award once again to one third-year student at each U.S. school/college and the Inter-American University of Puerto Rico. The \$1,000 award will be sent to the Financial Aid office to be applied to the recipient's tuition during the fall of the fourth year.

To be eligible for the AOA Student Leadership Award, a student must:

- Be a third-year student member in good standing in the American Optometric Student Association and the American Optometric Association;
- Have proven leadership roles and student government involvement (65%);
- Submit a one-page curriculum vita;
- Submit a brief statement, not to exceed two double-spaced pages, that reflects the value and/or learning experience that the applicant has gained from his or her leadership experience (35%);
- Be a student in good academic standing.

Check with your Student Affairs Office to determine your institution's on-campus application deadline. Applicants must submit materials (curriculum vitae and statements) to the Student Affairs Officer or designee by the school-established date. Each Student Affairs Officer or designee will choose a recipient from all applications received at the Student Affairs Office by the on-campus deadline and forward the individual's name to the AOA office in St. Louis by Thursday, March 1, 2007.

For additional information:

Laurie Bergman, Student/Faculty Administrator  
[LWBergman@aoa.org](mailto:LWBergman@aoa.org)

American Optometric Association  
234 N. Lindbergh Blvd., Floor 1 St. Louis, MO 63141-7881  
800/365-2219, ext. 106 or 314/983-4106  
FAX: 314/991-4101

**SPRING 2006-2007 EXAM SCHEDULE**

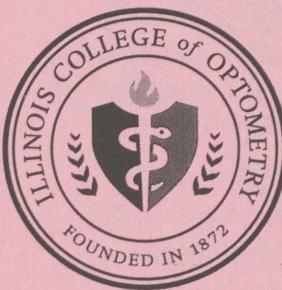
AS OF JANUARY 22, 2007

<b>ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED</b>			
<b>PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME</b>			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Mar 13 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 15 TH		BHS 256 Ocular Pharmacology Room 1200-1203	
Mar 16 F	BHS 116 Physiology Room 1200-1203		
Mar 20 T	CLE 162.3 Optometry Room 1200-1203	BHS 222 Theo & Physical Optics Room 1201-1202	
Mar 23 F	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Mar 27 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 28 W			CLE 376.2 Strabismus & Amblyopia Room 1200-1203
Mar 29 TH		BHS 266 Microbiology Room 1200-1203	
Mar 30 F	BHS 140.2 Sensory Room 1200-1203		
Apr 2 M		BHS 261 Physical Diagnosis Room 1200-1203	
Apr 4 W	BHS 116 Physiology Room 1200-1203		
Apr 5 TH		BHS 256 Ocular Pharmacology Room 1200-1203	CLE 379 Infant & Child Development Room 1201-1202
Apr 11 W		CLE 262.4 Binocular Anomalies Room 1200-1203	BHS 364 Neuro-Ophthalmic Disorders Room 1201-1202
Apr 12 TH	CLE 162.3 Optometry Room 1200-1203		
Apr 13 F		BHS 222 Theo & Physical Optics Room 1200-1203	
Apr 16 M	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Apr 20 F	BHS 111 Neuroanatomy Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 24 T	BHS 116 Physiology Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
Apr 25 W		BHS 256 Ocular Pharmacology Room 1200-1203	
Apr 27 F	BHS 140.2 Sensory Room 1200-1203		CLE 380.3 Clinic Exam Room 1201-1202 <b>NOTE 8:00 AM</b>
Apr 30 M	CLE 170 Physiological Optics Room 1200-1203		
May 2 W			BHS 364 Neuro-Ophthalmic Disorders Room 1200-1203

**REVISED 1/22/07**

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# Focal Point

## C A M P U S N E W S

### Patient's Needed

Are you interested in trying RGP contact lenses or are you a current RGP CL wearer?

If so, please sign up to be a patient for the Contact Lens Society's LAST Workshop of this year! It will be held on Sunday, March 11, 2007 from 10 am - 2 pm!

Students, faculty, staff, friends and family are welcome! We are seeking all patients - spheres, torics, aspheres, or bifocal contact lenses! Patients will receive a **FREE** pair of RGP contact lenses!

If interested, please email [mmisko@eyedoc.ico.edu!](mailto:mmisko@eyedoc.ico.edu)

### SA Events:

#### Eyeball: Saturday, March 3<sup>rd</sup>

Table assignment forms will be available in front of the SA board this Friday, February 9<sup>th</sup>. So gather up 10 of your friends and sign up for a table, forms are due the following Thursday, February 15<sup>th</sup>. Stay posted for more Eyeball updates!

### Love Me Not for Comely Grace

LOVE not me for comely grace,  
For my pleasing eye or face,  
Nor for any outward part,  
No, nor for my constant heart,—  
For those may fail, or turn to ill,  
So thou and I shall sever:  
Keep therefore a true woman's eye,  
And love me still, but know not why  
So hast thou the same reason still  
To doat upon me ever!  
Anonymous

### From The Golden Treasury, 1875.

Francis T. Palgrave, editor. (1824-1897).

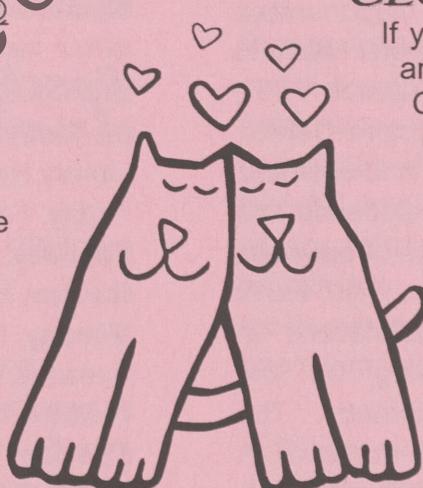
• Student Association  
• Scholarship Essay  
• Contest:  
• Sharpen your pencils and stretch out that writer's cramp, the annual SA scholarship essay topic will be in your mailbox soon. The essays will be due Tuesday, February 27<sup>th</sup> and winners will be announced at Eyeball!

### Polar Plunge: Sunday, March 4<sup>th</sup>

Cool off after a hot night of dancing with a dip in Lake Michigan! The 2<sup>nd</sup> annual Polar Plunge is coming up, sign up to help raise money for a great cause!

### CLCS Membership

If you are a member of AOSA, you are automatically a member of the Contact Lens Cornea Section (CLCS). Being a member of the CLCS is a requirement for the four grants offered by the AOA as seen in the Scholarship section of this newsletter. You can also view more details about these awards in the scholarship file cabinet in the Student Affairs Office.



## **Habitat for Humanity**

Are you looking for a fantastic service opportunity for this upcoming summer? Habitat for Humanity International is excited to announce its new Global Village Youth Program. Get ready for the adventure of a lifetime! The Global Village Youth Program (GVYP) gives groups of youth ages 14-25 opportunities to build throughout the world with Habitat for Humanity. Team members work alongside homeowners and local volunteers helping families achieve their dream of a simple, decent place to live.

For more information, visit [www.habitatyouthprograms.org/gvyp](http://www.habitatyouthprograms.org/gvyp)[2] or email [gvyp@habitat.org](mailto:gvyp@habitat.org)[3]

## **National Council of Aging**

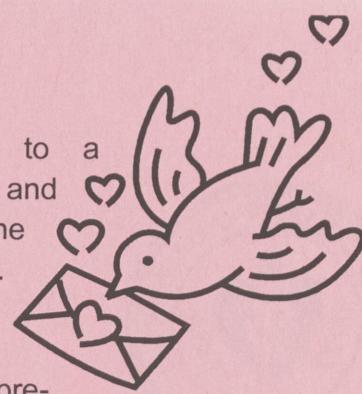
The NCOA/ASA is having a joint council in Chicago at the Sheraton Hotel from March 6-9, 2007. AOA is planning on exhibiting at the meeting and would like some ICO students to man their booth and attend the conference. Days they need help are the evening of the 7th and day of the 8th and 9th. Interested students should contact Dr. Block at ext. 7276.

## **Practice Opportunities Symposium**

### **Spring Quarter Brings Two Great Career Development Events to ICO**

The 10th Annual Practice Opportunities Symposium is an event you won't want to miss. Taking place Friday, March 2nd, beginning at 1:00 pm in the Lecture Center, this event features many alumni and business professionals who share their experience and knowledge about several aspects of business as it relates to your profession. The event begins with panelists brief presentations on current, critical issues focusing on the business environment for optometry. The panelists field questions from the audience. A highlight of the day's event is the "Career Development Exposition" in the gym. The Expo is your opportunity to meet the panelists

and gain exposure to a plethora of service and goods providers to the ophthalmic industry. Food and drinks will be served. All are welcome and no pre-registration is required.



The Saturday Symposium, on Saturday, March 10th, 8:00 am - 5:00 pm in the Lecture Center, is also not-to-be-missed. This is the first time ICO has hosted this day-long practice management seminar, presented by Scot Morris, OD, FAAO and Ian Benjamin Gaddie, OD, FAAO. The topics will include:

- Contracts and Negotiations
- Associates
- Employee Buy-ins, Buy-outs
- Financial and optometric software/technology
- Writing a Business Plan
- The Nuts and Bolts: Starting a Practice
- Hiring non O.D. staff and H-R issues
- Running a successful optical
- Billing & Coding
- Patient care issues and more.

All are also welcome to the day-long event. If you have questions or need further information, do not hesitate to contact me at ext. 7403, [tfaulkner@ico.edu](mailto:tfaulkner@ico.edu), or ask any of the Private Practice Club officers (Heidi Bartell, Betsy Wright, Jennifer Hunsader, Mindi Kieffer or Abbie Rondeau).

## **Spotlight on the Library**

by Kathryn Johnston

Library Hours for Exam and Break Week

Friday, Feb. 9	8:00 am-midnight
Saturday, Feb. 10	8:00 am-midnight
Sunday, Feb. 11	10:00am-midnight
Monday, Feb. 12	7:00 am-midnight
Tuesday, Feb. 13	7:00 am-midnight
Wednesday, Feb. 14	8:00 am-midnight
Thursday, Feb. 15	7:00 am-midnight
Friday, Feb. 16	7:00 am-midnight
Saturday, Feb. 17	8:00 am-5:00 pm
Sunday, Feb. 18	CLOSED

Mon.-Fri., Feb 19-23 8:00 am-5:00 pm  
Saturday, Feb. 24 9:00 am-5:00 pm  
Sunday, Feb. 25 CLOSED  
Monday, Feb. 26 Resume normal hours

### Duane's Clinical Ophthalmology

This comprehensive text of eye function, anatomy and disease now is available online while on campus. Go to the Library's on campus (Internal) webpage from the View, The Intranet or at <http://icolibrary/library.htm>. Choose "More Fulltext Sources," and scroll down until you see Duane's Clinical Ophthalmology.

The Library has bought licenses for three simultaneous users to search this important eye resource. You can read entire chapters on topics such as "Retinopathy of Blood Dyscrasias" or "Ophthalmic Manifestation of Defects in Metabolism" or search for a phrase such as "flame-shaped hemorrhage."

When you are finished using Duane's, please click on LOGOFF to end the session. Otherwise, it may be fifteen minutes before someone else can log on to use it. The Library also has older versions of Duane's on CD-ROM which may be checked out for a week, and in book form. The six volume book set is shelved at the first floor circulation desk.

### New Poster

Dr. Gary Gunderson has created the poster on display in the Library: "Comparison of Light Transmission Curves in Yellow/Amber Tinted Sport Contact and Spectacle Lenses." Please view the poster but direct all questions to the author.

### New Library Service: Finding Citations Just Got Easier

By Sarah Morris

Serials/Indexing Librarian

The Library is happy to announce new software that makes getting the full text of any article citation very easy.

Look for the button that says "Citation Linker" on the Library's home page. You can get to the library's homepage from The View, the Intranet or directly at <http://icolibrary/library.htm> (if you are on campus). If you are off-campus, log into The View and select the Library Tab and find the "Citation Linker" hyperlink.

Once you've opened the Citation Linker, enter any or all of the citation information you have on hand. Tip: normally the journal name (or ISSN) and volume/issue/page number are all you need to get started. Click Go.

A new window will open and let you know your options for accessing the article. If full text is available, the source and years available will be listed at the top. If no full text is available, you have the option to check if the Library owns a paper copy of the journal.

If the library does not own the title in print, simply select the Document Delivery Service button and then fill in the form that opens in a new window. The great part about this option is that the citation information you previously entered is automatically filled in for you.

Once you hit submit, your request is sent to the Library and we will get it for you. Normally this takes anywhere from 24 hours to 2 weeks.

Please note: if you log into The View from off-campus, many of the journals the Library subscribes to are unavailable due to IP restrictions. If your Citation Linker search says that full text is an option, but you can't get access to the article, try again when you are on campus. See the following webpage for a list of eye journals available on & off campus: <http://library.ico.edu/ejournalxtrnl.html>.

Still have questions? If so, please feel free to drop by the library, send us an email ([cshepard@ico.edu](mailto:cshepard@ico.edu)), or give us a call (312-949-7158) at any time. We are happy to help!

## New Books

Contact Lenses, 5<sup>th</sup> ed., edited by Phillips and Speedwell. RE977.S7 2007

Optical Coherence Tomography: Principles and Applications, by Mark Brezinski. QC449.5.B74 2006

Ophthalmic Dispensing Guide: a Dynamic Guide for Dispensing Ophthalmic Eyewear, RE979.B78 2006

Sir Harold Ridley and his Fight for Sight: he changed the work so that we might better see it by David J. Apple. RE36.R53 A67 2006

Low Vision Manual, edited by Jackson and Wolffsohn. RE91.L68 2007

Good luck on exams and we look forward to seeing you in the Library!

## Lockers Reminder

### Attention Fourth Year Students Returning to or Leaving ICO in Spring

Please take the responsibility of informing Kathy Brownfield in the Student Affairs Office (7401) which locker you are taking or vacating. Thank you!

## Did You Know

Dr. Colip

### Prevalence of Ocular Involvement in Inflammatory Bowel Disease

The aim of this prospective, randomized clinical study was to evaluate the prevalence of ocular involvement in patients with inflammatory bowel disease (IBD). A total of 116 patients were evaluated; all went to a gastroenterology clinic with endoscopically proven IBD between December 2001 and February 2005. All participants were examined for evidence of ocular manifestations of IBD. Of these, 20 patients had Crohn's disease and 96 had ulcerative colitis. The ocular examination consisted of slit-lamp examinations, tonometry, visual acuity, and indirect ophthalmoscopy.

The mean age of the 116 patients with IBD who were enrolled was 40.6 +/- 14.4

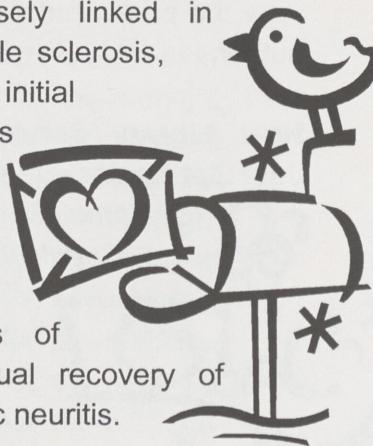
years (range 16 to 75). Twelve of 20 patients (60 percent) with Crohn's disease and 22 of 96 patients (22.92 percent) with ulcerative colitis had ocular involvement. The most common ocular findings were conjunctivitis (8.62 percent) and blepharitis (6.9 percent), followed by uveitis (5.17 percent), cataract (5.17 percent) and episcleritis (3.45 percent). Extraintestinal complications were seen in 12 of thirty-four patients (35.3 percent) with ocular involvement and in 16 of 82 patients (19.5 percent) without ocular involvement.

Because the ocular complaints of IBD patients are often nonspecific, it may be helpful to perform eye examinations as a routine component in the follow-up of these patients. It is well-known that early diagnosis and treatment of ocular involvement may prevent serious ocular complications that could be associated with significant visual morbidity. In addition, clinicians should be aware that some ocular diseases, such as uveitis and scleritis, might precede a diagnosis of ulcerative colitis or Crohn's disease.

SOURCE: Yilmaz S, Aydemir E, Maden A, Unsal B. The prevalence of ocular involvement in patients with inflammatory bowel disease. *Int J Colorectal Dis* 2007; Jan 30 [Epub ahead of print].

### Corticosteroids for Treating Optic Neuritis

Optic neuritis, an inflammatory disease of the optic nerve, occurs more commonly in women than in men. It usually presents with an abrupt loss of vision; recovery of vision is almost never complete. Closely linked in pathogenesis to multiple sclerosis, it may be the initial manifestation for this condition. In certain patients, no underlying cause can be found. This study assessed the effects of corticosteroids on visual recovery of patients with acute optic neuritis.



The Cochrane Controlled Trials Register, Medline, Embase, NNR, Lilacs and reference lists of identified trial reports were searched. Any randomized trials that evaluated corticosteroids, in any form, dose or route of administration, in people with acute optic neuritis were pulled. Five randomized trials were included with a total of 729 participants. Two trials evaluated low-dose oral corticosteroids and two trials evaluated a higher dose of intravenous corticosteroids. One three-arm trial evaluated low-dose oral corticosteroids and high-dose intravenous corticosteroids against placebo. Trials evaluating oral corticosteroids compared varying doses of corticosteroids with placebo.

In a meta-analysis of trials evaluating corticosteroids with total dose greater than 3000 mg administered intravenously, the relative risk of normal visual acuity with intravenous corticosteroids compared with placebo was 1.06 at six months and 1.06 at one year. The risk ratio of normal contrast sensitivity for the same comparison was 1.10 at six months follow-up. The risk ratio of normal visual field for this comparison was 1.08 at six months and 1.02 at one year. Quality of life was assessed and reported in one trial.

There is no conclusive evidence of benefit in terms of recovery to normal visual acuity, visual field or contrast sensitivity with either intravenous or oral corticosteroids at the doses evaluated in trials included in this review.

SOURCE: Vedula S, Broome-Folse S, Gal R, Beck R. Corticosteroids for treating optic neuritis. *Cochrane Database Syst Rev* 2007;(1):CD001430.

#### OCCULOGIX

#### RHEO-AMD Trial Protocol Cleared by FDA.

The FDA has granted Investigational Device Exemption clearance to OccuLogix, Inc. to begin its Phase III study of the RHEO procedure to treat the dry form of age-

related macular degeneration (AMD). The new study, called RHEO-AMD, is a multicenter, prospective, randomized, double-masked sham-controlled trial designed to evaluate the safety and efficacy of the RHEO procedure in patients with intermediate- to late-stage dry AMD. Each patient in the Phase III trial, which will be conducted at up to 25 ophthalmic sites, will receive either eight RHEO treatments or eight sham procedures over 10 weeks. Patients will be followed to evaluate any sustained benefit of the treatment for the RHEO procedure population and the continuing natural course of vision change in the sham population. The study's primary endpoint is the mean change from baseline to 12 months in best-corrected visual acuity applying the Early Treatment Diabetic Retinopathy Scale. If the trial is successful, the procedure is expected to support OccuLogix's application to the FDA for approval to market the RHEO system in the United States. For more information, go to [www.occulogix.com](http://www.occulogix.com) or [www.rheo.com](http://www.rheo.com).

#### Tech Tips

Ahmed Mohammad

Use the Find And Replace feature to standardize spacing between sentences (Word 97/2000/2002/v. X/2003)

How many spaces do you type after a period? Since the advent of variable-width fonts, many people have abandoned the traditional two spaces in favor of a single space. But regardless of your preference, you've probably had to edit other people's documents to conform to the convention you follow. Word's Find And Replace feature offers a handy way to convert two spaces to one, or vice versa, throughout a document.



Let's assume you need to convert each occurrence of two spaces after a period to one space. First, position the insertion point marker at the beginning of the document. Next, choose Edit | Replace from the menu bar to

open the Find And Replace dialog box. In the Find What text box, type a period and two spaces. In the Replace With text box, type a period and one space.

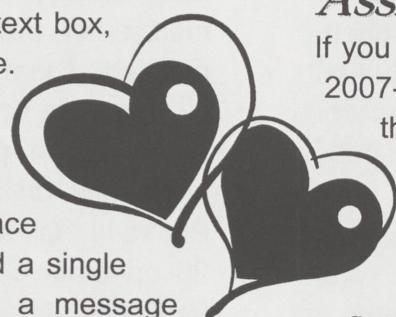
Now, just click Replace All. Word then scans the document and replaces each period and double-space combination with a period and a single space. When Word displays a message telling you how many replacements it made, click OK, and then click Close to return to your document.

**How to set the Spell Checker to automatically check spelling before a new mail message, appointment or task is sent in GroupWise:**

1. On the main GroupWise toolbar, click on the **Tools** menu and select **Options**. Double-click on the **Environment** icon.
2. Under the **General** tab, in the right portion of the screen, click in the check box next to the phrase "**Check spelling before send**". Click on **OK** to activate this change and exit the dialog

## ***Attention: Third Year Students***

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on Wednesday, February 28th to accept your picture selection for the 2008 graduation composite and also take orders for graduation pictures. The proofs have been placed in your ICO mailboxes during the first week of February. We hope to have all orders returned to you before you leave for externship this summer.



## ***2007 - 2008 RC Room Assignments***

If you are interested in living in the RC for the 2007-2008 academic year, please sign up in the Student Affairs Office. The sign up sheet is available until Friday, February 16<sup>th</sup> at 4pm. Those who sign up will be informed of their preliminary room assignment in the first few weeks of Spring quarter.

Questions? Contact Andrea Vandendool (7956), or Casey Bartz (7808).

## **C L A S S I F I E D S**

### **Physical Diagnosis TAs and Tutors Needed**

Third and/or Fourth Year Students are needed to help TA the labs for Physical Diagnosis. Third years, It will be a great review before heading off on your externships! By now I'm sure you have made good use of several of these techniques with your patients...here's an opportunity to share your experiences with your colleagues!

The labs are 9-11, 11-1:00 on Tuesday, Wednesday and Thursday.

Please contact Dr. Gabriel at ext. 7313 or send an email if you are interested .

## **R E S I D E N C I E S**

Residency information is available in the residency information file in the Student Affairs office:

# S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
<b>AOA Student Leadership Award</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Yr in good standing with AOSA</li> <li>• Leadership Roles</li> <li>• One page Curriculum Vita</li> <li>• Brief statement</li> <li>• Good academic standing</li> </ul>	\$1,000	February 19, 2007 to Student Affairs Office
<b>AOF Carl Zeiss Vision (CZV) Fellowship</b>	3 <sup>rd</sup> Yr Students One page statement Curriculum Vita Submit as a PDF file	\$5,000	March 7, 2007 to Student Affairs Office
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	April 1 <sup>st</sup> to Student Affairs
<b>AOSA Vistakon Travel Grant</b>	<ul style="list-style-type: none"> <li>• 500 word essay</li> <li>• Good academic standing</li> <li>• 1 page curriculum vitae</li> <li>• AOSA member</li> <li>• Registered for Optometry meeting by June 1</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	Submit to SAO by April 2, 2007
<b>AOA 2007 Patrick Everett Cummings Memorial Scholarship Fund</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Yr student the AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Resume academic accomplishments</li> <li>• Paper under 1,500 words</li> </ul>	\$3,000	Submit to Student Affairs by April 2, 2007
<b>Walman Optical Company Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 2<sup>nd</sup> and 3<sup>rd</sup> years</li> <li>• Application</li> </ul>	\$300 - \$3,000	Postmarked by April 10, 2007
<b>Optometric Society of Greater Kansas City, Inc</b>	<ul style="list-style-type: none"> <li>• From Greater Kansas City</li> <li>• GPA</li> <li>• 2,3, 4 Yrs</li> </ul>	\$500	April 15, 2007
<b>AOA Allergan Student Award</b>	<p>Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eye"</p> <ul style="list-style-type: none"> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	\$2,000 And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	April 30, 2007 Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1, St. Louis, MO 63141

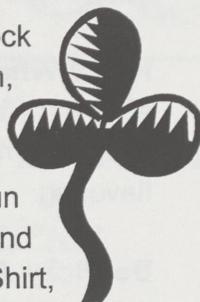
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Research on "Decision Making in Contact Lens Practice, the Why and the When."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....?</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA Vistakon Resident Award</b>	<ul style="list-style-type: none"> <li>Resident Award addressing "My Most Challenging Contact Lens Case."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Year in AOSA and AOA</li> <li>Good Academic Standing</li> <li>Paper under 1,500 words</li> </ul>	<b>\$2,500</b>	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>MFVA Michigan Foundation for Vision Awareness</b>	<ul style="list-style-type: none"> <li>Resident of MI</li> <li>3<sup>rd</sup> Yr</li> <li>B average</li> <li>Need financial assistance</li> <li>Plan to practice in MI</li> </ul>	<b>\$1,000 or more</b>	<b>May 1, 2007 to Mary Bellows</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>Canadian or American Citizenship</li> <li>GPA of 2.7</li> </ul>	<b>Up to \$3,000</b>	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>Citizen of U.S.</li> <li>One parent of Polish heritage</li> <li>Chicago area resident</li> <li>Good grades</li> <li>Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the south wall.

## FITNESS CORNER

### Shamrock Shuffle

The LaSalle Bank Shamrock Shuffle, a competitive 8K run, will be held on Sunday, March 25. There is also a 5K non-competitive, untimed fun walk. Registration is \$35 and includes participant t-Shirt, finisher's medal and one post-race party beer ticket. The race takes place in Grant Park and registration will close when the maximum 30,000 participants is reached (combined 8K and 5K Fitness Walk total). For more information or to register visit <http://www.shamrockshuffle.com/>. If you are interested in participating with a group from ICO please contact Shelby Lalich at X7460 or [slalich@ico.edu](mailto:slalich@ico.edu).



### Massage Therapy

Are you feeling the stress of approaching finals? Do you have a chronic injury such as carpal tunnel syndrome, shoulder impingement or low back pain? Try a massage!

Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Massage therapy makes a great Valentine's Day gift. Call today to purchase your gift certificate for a loved one!

Regina will be on-campus Thursday, February 22.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE

Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### *Eye on Wellness*

#### Supermarket Savvy

When shoppers enter the supermarket

they are faced with all sorts of hurdles requiring decisions. Tufts University Health and Nutrition Letter recently interviewed nutrition experts to find out how to make better choices at the supermarket, and here is a sampling from their guide:

**Patrol the Perimeter-** Stores tend to place the healthier items on the store's perimeter and the packaged foods dominate the interior of the store.

**Opt for Nutrient Density-** When choosing between two items opt for the one packed with nutrients. For example, choose whole-wheat bread rather than white.

**Read Those Labels-** The top half of the label shows the substances that should be

limited, while the bottom includes the minerals and vitamins you should strive to include. The daily value percentages are based on a daily intake of 2,000 calories.

**Know What Not to Buy-** Don't purchase anything with more than 5 ingredients and avoid items with artificial coloring or flavoring.

**Be Picky About Produce-** Fresh is best, but frozen tops canned.

**Stick to a List-** Make a list and stick to it. This cuts down on impulse purchases and prevents forgetting an item.

*This information is provided by IDEA Fitness Journal*





# Focal Point

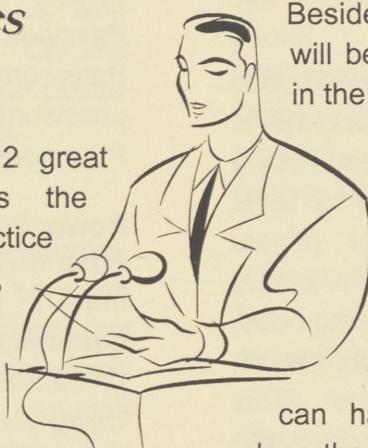
## C A M P U S N E W S

### *Practice Opportunities Symposium*

Please mark your calendars for 2 great upcoming events. The first is the **Traditional** 10th Annual Practice Opportunities Symposium - Friday, March 2nd. The second event is a new full-day program "Symposium Saturday", which takes place on Saturday, March 10th, 2007.

This year's Practice Opportunities Symposium theme is **Business Leaders in Eye Care**. Headlining the event: we have 5 doctors. They are Dr. Chris Chiodo - Nevada, Dr. Darren Connor - Canada, Dr. David Tanouye - California, Dr. Mark Jacquot - Illinois, and Dr. Reem Wlaschin - New York. All 5 are alumni, and they are seeking to hire aspiring optometric professionals. Also presenting at the Practice Opportunities Symposium are attorney Norman Sandles who primarily handles the sale and acquisitions of optometric practices and veteran Certified Public Accountant, Charles Quattrochi, who happens to be a member of the board of trustees at the college. Lastly, there is Mark Engle who is Vice President of Commercial Lending at First Merchants Bank. His business is centered around Optometry, Dentistry, and Podiatry.

You won't want to miss this year's Symposium. Even if you have come before - come again! The presenters have you in mind with information to help you in your future.



Besides their formal presentations, they will be taking questions directly from you in the audience!

After the presentations, an exposition takes place in the gym. There will be food and drinks. The highlights include as many goods and service providers to the optometric profession as we can have filled in the gymnasium and along the corridors. This is your chance to get to see new technology in optometry, equipment providers, pharmaceutical companies, law firms, malpractice insurance carriers, optometric vision care representatives, and many of them will have special gifts for you. The panelists will have booths, and here is your chance to connect with a doctor(s) who may be your future employer, a good contact or lead to have for future reference. There will be door prizes and give-a-ways.

#### **Saturday Symposium**

The following Saturday, March 10th from 8:00 a.m. - 5:00 p.m. in the Lecture Center will be the second part of the symposium activities. It will be a workshop series by veteran O.D. lecturers, Drs. Scott Morris and Ian Ben Gaddie on practice management. This day is sponsored by Allergan and Inspire. Continental Breakfast and Lunch will be provided. The practice management lectures are broken up into sessions on topics to include:

- Contracts and Negotiations

- Associates
- Employee Buy-ins, Buy-outs
- Financial and optometric software/technology
- Writing a Business Plan
- The Nuts and Bolts: Starting a Practice
- Hiring non O.D. staff and H-R issues
- Running a successful optical
- Billing & Coding
- Patient care issues and lots of other critical issues in optometry.

The duo travel extensively world-wide speaking and presenting to various optometric institutions and related industries. Many times, they are hired as consultants for large recruitment events by successful private practitioners, group and multidisciplinary practices, pharmaceutical companies, manufacturing companies, research teams, and product development efforts. This Symposium Saturday is jammed packed with critical information on nearly all aspects of practice management.

It is in your best interest to attend these informative Symposiums. For more information contact Tracy Faulkner at x7403 or the officers of the Private Practice Club (Heidi Bartell, Betsy Wright, Jennifer Hunsader, Mindi Kieffer or Abbie Rondeau).

## *Tech Tips*

Ahmed Mohammad

**Q) How do I remove stored passwords from my web browser?**

Below are instructions for removing saved passwords from various Internet browsers:

### **Internet Explorer**

In Internet Explorer, go to Tools -> Internet Options -> Content -> Personal Information -> AutoComplete. Make sure AutoComplete is not enabled for "Forms" and "User names and passwords on forms."

**Netscape 7.x, you need to remove it from the password manager.**

First, click on the "Tools" menu, choose

"Password Manager," then choose "Manage Stored Passwords." You should see a list of sites for which you have purposely or accidentally chosen to store a password. You can look through the sites one-by-one until you find the site/password you wish to remove or you can simply click "Remove All."

### **Firefox**

From the Tools menu, choose Options. Click Privacy on the left. Make sure 'Remember Passwords' is unchecked under Saved Passwords. Click Clear to delete all saved passwords. Alternatively, click View Saved Passwords to remove

### **Power Point tips**

From [www.newhorizons.com](http://www.newhorizons.com)

**Import your company logo to create custom bullet point icons in PowerPoint (2002/2003)**

Using your own graphics to make bullet items can add a professional finish to your presentation and help build a recognition of your logo among audience members. First, select the text you want to make into bullet points. Next, choose Format | Bullets And Numbering from the main menu. In the Bullets And Numbering dialog box, click the Picture button, and then click the Import button in the Picture Bullet dialog box. Navigate to your saved logo file and click Add. You'll notice the logo has been added to the bullets available in the Picture Bullet window. Select your logo graphic and click OK to apply it. You'll want to ensure that the logo you use is simple enough to still be recognizable when scaled down considerably

**Organize your workspace when working with multiple slide shows in PowerPoint (2003)**

When working with multiple slide shows in PowerPoint, organizing your workspace can be a nightmare. You can resize the window of each presentation individually, but a much easier and more efficient method is to use the Arrange All feature. Simply open all the presentations you need to work with in

PowerPoint, choose Window | Arrange All, and PowerPoint resizes them automatically so they all fit on your screen while using the maximum amount of workspace available.

## *Spotlight on the Library*

by Kathryn Johnston

### **New Poster**

The new poster on display in the Library is by Drs. Janice Jurkus and Gary Gunderson and is entitled "Tear Volume Differences with Silicone Hydrogel and Hydrogel Contact Lenses." Please take time to view the poster and direct all questions to the authors.

### **New Journal**

The Library subscribes to the new journal, Expert Review of Ophthalmology. It "provides an important platform for commentary and debate on current and emerging approaches in ocular medicine." The journal includes meeting reports, editorials, news, reviews, key paper evaluations, special reports and drug profiles. Recent articles include "Management of diabetic macular edema with antiangiogenic therapy" and "Pegaptanib sodium for the treatment of ocular vascular disease." It will be indexed in VisionCite; come by and sample our first issue!

### **Recalls**

The Library recalls books and other items that are needed for reserve or have been requested by another user. They should be returned immediately or fines may be generated at \$1.00/per day. Items under a recall cannot be renewed and books may be recalled even before the date due. If you cannot return a library item immediately because you are off-campus, please contact a library staff member as soon as possible to avoid fines.

### **Get Fit for spring!**

The Library has a wide variety of fitness videos(VHS) that may be viewed at home or in the gym. The videos are shelved at the second floor media desk and may be checked out and renewed for seven days. Some of the

titles include:

- Lotte Berk Method (Pilates)
- Pilates
- Yogilates
- Red Hot Salsa Made Simple
- Tighter Assets with Tamilee Webb (VTU 1447)
- Bellydance, Fitness for Weight Loss
- TaeBo

We also have purchased two new nutrition books:

*Williams' Essentials of Nutrition and Diet Therapy*, RM216.P67 2007

*Nutrition Essentials and Diet Therapy*, RM216.P67 2007

### **Duane's Clinical Ophthalmology**

This comprehensive text of eye function, anatomy and disease now is available online while on campus. Go to the Library's on campus (Internal) webpage from the View, The Intranet or at <http://icolibrary/library.htm>. Choose "More Fulltext Sources," and scroll down until you see Duane's Clinical Ophthalmology.

### **Patient's Needed**

Are you interested in trying RGP contact lenses or are you a current RGP CL wearer?

If so, please sign up to be a patient for the Contact Lens Society's LAST Workshop of this year! It will be held on Sunday, March 11, 2007 from 10 am – 2 pm!

Students, faculty, staff, friends and family are welcome! We are seeking all patients – spheres, torics, aspheres, or bifocal contact lenses! Patients will receive a **FREE** pair of RGP contact lenses!

If interested, please email [mmisko@eyedoc.ico.edu!](mailto:mmisko@eyedoc.ico.edu)

### **SA Essay Contest**

**Student Association Scholarship Essay Contest:**

The essays will be due Tuesday, February 27<sup>th</sup> and winners will be announced at Eyeball!

## **Summer Research Training Program**

The New England College of Optometry would like to extend an invitation to qualified students to apply for their Summer Research Training Program. The program will run from June 1<sup>st</sup> – August 31<sup>st</sup>. Special arrangements can be arranged for a schedule conflict. The stipend for this year will be \$5,129.00. The application is due by March 1<sup>st</sup>. 2007.

Contact Richard Held, Ph.D., Program Director. 617-424-9202

## **National Council of Aging**

The NCOA/ASA is having a joint council in Chicago at the Sheraton Hotel from March 6-9, 2007. AOA is planning on exhibiting at the meeting and would like some ICO students to man their booth and attend the conference. Days they need help are the evening of the 7th and day of the 8th and 9th. Interested students should contact Dr. Block at ext. 7276.

## **Student Travel Fellowships**

This year: Student Travel Fellowships to the ARVO meeting are now \$750! Please note: the application deadline is a little earlier: March 1, 2007.

For application information, please visit: AAO/ARVO Student Travel Fellowship. To be considered for the 2007 ARVO Student Travel Fellowships, your application MUST be physically received in the Academy's office by Thursday, March 1, 2007. Also, fellowship recipients must attend the Monday evening AOA/AAO reception in Fort Lauderdale to receive their grant.

Please direct all questions regarding the AAO & ARVO Student Travel Fellowships to: Helen

Viksnins, Phone (301) 984-1441, ext. 3002

## **Did You Know**

*Dr. Colip*



### **Influence of Mydriatic Drugs on Higher-Order Aberrations**

For waveform-guided corneal surgery, measuring higher-order monochromatic aberrations in mydriasis is needed. However, a potential influence of mydriatic drugs on such aberrations could distort the ablation profile. Wavefront analysis was carried out on 20 (tropicamide) and 19 (phenylephrine) eyes after dark adaptation, followed by measurement after the instillation of the mydriatics one after another.

Phenylephrine had no significant influence on the waveform; neither sphere nor root mean squared (RMS) data differed from those taken after dark adaptation. After instilling tropicamide, significant changes in Z(2) (0) and, in parallel, also of the sphere were found. The RMS showed no significant difference, only the spherical aberration Z(4) (0) was reduced by an average of 0.035 microns.

The waveform changes individually through the mydriasis due to phenylephrine and tropicamide. In the case of tropicamide, the deviation is statistically significant. Therefore, abandonment of these mydriatics before refractive surgery should be recommended, as can the use physiological pupil dilatation. Because of its lower influence, phenylephrine should be the first choice.

*SOURCE: Jurkutat S, Loosberg B, Hemmelmann C, et al. The influence of phenylephrine and tropicamide on higher order monochromatic aberrations. Ophthalmologe 2007; Feb 10; [Epub ahead of print].*

### **Rapidly Progressive Idiopathic Lenticular Astigmatism**

A myopic 43-year-old woman with early nuclear sclerotic cataract developed more than 11.0 diopters (D) of astigmatism over a

six-month period. This was found to be lenticular in origin. Phacoemulsification with intraocular lens implantation was performed, resulting in residual astigmatism of 0.75D. To the knowledge of the study authors, this is the first case of rapidly progressive lenticular astigmatism in an otherwise healthy eye with early nuclear sclerotic cataract.

**SOURCE:** Tint NL, Jayaswal R, Masood I, Maharajan VS. *Rapidly progressive idiopathic lenticular astigmatism*. J Cataract Refract Surg 2007;33(2):333-5.

#### **Review of Acquired Third, Fourth and Sixth Nerve Palsies**

Clinical features of acquired third, fourth and sixth cranial nerve palsy showed variation among previous studies. Retrospective chart review was performed on 206 patients who visited a neuro-ophthalmic department with acquired third, fourth and sixth nerve palsy. Etiology and results of ocular exam on each visit were reviewed, and multivariate logistic regression analysis was performed to identify independent factors affecting recovery.

The sixth cranial nerve was affected most frequently (108 patients, 52.4 percent) and vascular disease (64 patients, 31.1 percent) was the most common etiology. Recovery was evaluated with change of deviation angle for 108 patients, who were first examined within a month of onset and followed up for at least six months. Ninety-two patients (85.2 percent) showed overall (at least partial) recovery and seventy-three (67.6 percent) showed complete recovery. In univariate analysis, initial deviation angle was found to be only significant factor associated with complete recovery, and most patients who experienced successful management of treatable underlying disease showed recovery.

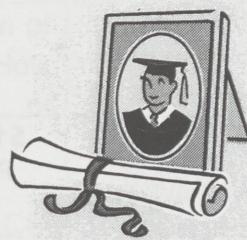
With objective criteria based on deviation angle, overall recovery rate from the third, fourth and sixth nerve palsy was 85.2 percent. Patients who had smaller initial deviation or

successful management of treatable underlying disease had a high chance of recovery.

**SOURCE:** Park UC, Kim SJ, Hwang JM, Yu YS. *Clinical features and natural history of acquired third, fourth, and sixth cranial nerve palsies*. Eye 2007; Feb 9 [Epub ahead of print].

#### **Attention: Third Year Students**

For your convenience Paul Studios will be on campus in the Presidential Lounge from 10 am to 3 pm on Wednesday, February 28th to accept your picture selection for the 2008 graduation composite and also take orders for graduation pictures. The proofs have been placed in your ICO mailboxes during the first week of February. We hope to have all orders returned to you before you leave for externship this summer.



#### **CLASSIFIEDS**

##### **Looking for Spring Work Study?**

Suite Technician

Wed 8:45 - 11:30 am Suite 1

Wed 4:00 - 6:30 pm Suite II

##### **Calling & Recalling Patients**

Mon - Fri - any 3 hour time block

##### **Front Desk Assistant**

Mon 9-11 am

Tue 9-11 am

Wed 9-11 am, 4-6 pm

Thu 9-11 am

Fri 9-11 am

If interested please contact Dr. Rozwat at [arozwat@ico.edu](mailto:arozwat@ico.edu)

#### **RESIDENCIES**

Residency information is available in the residency information file in the Student Affairs office:

# S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
<b>Multicultural Association Scholarship for the Advancement of Multiculturalism</b>	<ul style="list-style-type: none"> <li>• Member of MCA</li> <li>• 1000 or more word essay</li> </ul>	\$500	<b>March 2<sup>nd</sup> in Student Affairs Office</b>
<b>AOF Carl Zeiss Vision (CZV) Fellowship</b>	3 <sup>rd</sup> Yr Students One page statement Curriculum Vita Submit as a PDF file	\$5,000	<b>March 7, 2007 to Student Affairs Office</b>
<b>ASCO Student Award in Clinical Ethics</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Years</li> <li>• Essay up to \$1,500 word</li> <li>•</li> </ul>	\$1,000 & Plaque	<b>Submitted Electronically to Sharon Uher, <a href="mailto:suher@ico.edu">suher@ico.edu</a> by Tuesday, March 13</b>
<b>The Minnie Flaura Turner Memorial Fund for Impaired Vision Research</b>	<ul style="list-style-type: none"> <li>• 500 word prospectus of research</li> <li>•</li> </ul>	\$2,500	<b>Mail by April 1, 2007</b>
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	<b>April 1<sup>st</sup> to Student Affairs</b>
<b>AOSA Vistakon Travel Grant</b>	<ul style="list-style-type: none"> <li>• 500 word essay</li> <li>• Good academic standing</li> <li>• 1 page curriculum vitae</li> <li>• AOSA member</li> <li>• Registered for Optometry meeting by June 1</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	<b>Submit to SAO by April 2, 2007</b>
<b>AOA 2007 Patrick Everett Cummings Memorial Scholarship Fund</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Yr student the AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Resume academic accomplishments</li> <li>• Paper under 1,500 words</li> </ul>	\$3,000	<b>Submit to Student Affairs by April 2, 2007</b>
<b>Walman Optical Company Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 2<sup>nd</sup> and 3<sup>rd</sup> years</li> <li>• Application</li> </ul>	\$300 - \$3,000	<b>Postmarked by April 10, 2007</b>
<b>Optometric Society of Greater Kansas City, Inc.</b>	<ul style="list-style-type: none"> <li>• From Greater Kansas City</li> <li>• GPA</li> <li>• 2,3, 4 Yrs</li> </ul>	\$500	<b>April 15, 2007</b>

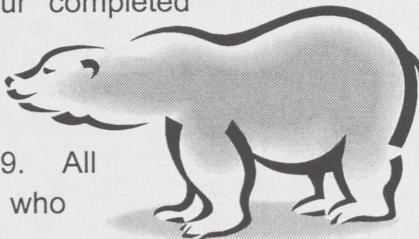
<b>AOA Allergan Student Award</b>	<ul style="list-style-type: none"> <li>Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eyes:</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Research on "Decision Making in Contact Lens Practice, the Why and the When."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....?</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA Vistakon Resident Award</b>	<ul style="list-style-type: none"> <li>Resident Award addressing "My Most Challenging Contact Lens Case."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Year in AOSA and AOA</li> <li>Good Academic Standing</li> <li>Paper under 1,500 words</li> </ul>	<b>\$2,500</b>	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>MFVA Michigan Foundation for Vision Awareness</b>	<ul style="list-style-type: none"> <li>Resident of MI</li> <li>3<sup>rd</sup> Yr</li> <li>B average</li> <li>Need financial assistance</li> <li>Plan to practice in MI</li> </ul>	<b>\$1,000 or more</b>	<b>May 1, 2007 to Mary Bellows</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>Canadian or American Citizenship</li> <li>GPA of 2.7</li> </ul>	<b>Up to \$3,000</b>	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>Citizen of U.S.</li> <li>One parent of Polish heritage</li> <li>Chicago area resident</li> <li>Good grades</li> <li>Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### Attention ICO Polar Bear Runners and Walkers

The annual ICO Polar Bear Run season will close on March 5. Please remember to hand in your completed logs and evaluations to Shelby by Friday, March 9. All participants who successfully



complete the program and turn in their logs and evaluations will get a long sleeve Polar Bear t-shirt and one lucky grand prize winner will receive a \$50 gift card to Fleet Feet!

### Massage Therapy

Start the new quarter feeling refreshed and relaxed with a massage! Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina will be on-campus Thursday, March 1.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your

workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

### YOUR TRAINERS ARE:

Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

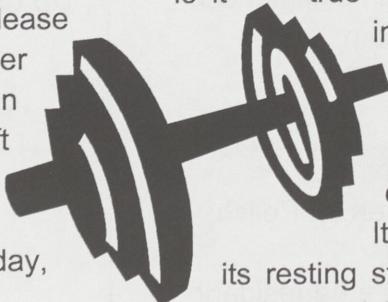
### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### *Eye on Wellness*

#### Burning Question????

Is it true that strength training individuals lose weight because one pound of muscle can burn approximately 30-50 calories per day?



It is correct that muscle in its resting state is similar to an idling engine and burns energy (fuel) in the form of calories. However, according to research, the actual number of calories burned by a pound of resting muscle in a day is considerably less than 50. Muscle

tissue has been observed to burn roughly seven to 10 calories per pound per day, compared to two to three calories per pound per day for fat. Therefore, if you replace a pound of fat with a pound of muscle, you can expect to burn only approximately four to six more calories a day.

Despite the limited calorie-burning potential of muscle, strength training is still an important tool in weight management. Here are just a few of the weight management-related benefits of strength training:

- Helps to prevent or minimize the loss in lean body mass that is typically a result of dieting.
- Burns approximately 150 calories per average 30-minute training session.
- Strength training favorably affects an individual's overall body composition, resulting in a greater proportion of lean tissue relative to fat tissue. This enhances both functional performance capabilities and physical appearance.

This information is provided by Dr. Cedric X. Bryant, ACE's Chief Science Officer; *ACE FitnessMatters*, Mar/Apr 2006.

## SPRING QUARTER FITNESS CLASS SCHEDULE

Begins February 26, 2007

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:00 pm Total Body Strength Shelby		12:30 - 1:30 pm Athletic Conditioning Shelby	1:00 - 1:30 pm Pilates Mat Shelby	
	3:45 - 4:30 pm Cardio and Sculpt Kristie			
5:30 - 6:30 pm Bellydancing Melissa	4:30-5:15 pm Yoga Dr. Z		6:00 - 7:00 pm Cardio Dance/ Abs and Lower Body Sculpt	

### Class Descriptions:

**Athletic Conditioning:** Keep yourself moving with alternating segments of strength training and cardio--all levels are welcome, but be prepared for a challenge!

**Bellydancing-**The class format will cover basic belly dancing moves and use a building block format. Whether you want to learn a new dance style or get some great exercise this is the class for you!

**Cardio and Sculpt-** This class will challenge the cardiovascular system and strengthen your muscles. Get ready for an intense workout!

**Cardio Dance/Abs Lower Body Sculpt-** The first 30 minutes of class will focus on dance-inspired aerobic workout. The last 30 minutes will target the abdominals and lower body muscles in a strength training format.

**Pilates Mat:** Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility. This class uses a building block format.

**Total Body Strength:** Get a total body workout using free weights, tubing, stability balls, BOSUS and exercises for the core!

**Yoga-** Hatha Yoga believes that through breathing, stretching and strengthening the body will be purified. This class is non-competitive and open to all levels.

**SPRING 2006-2007 EXAM SCHEDULE**

AS OF JANUARY 22, 2007

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
Mar 13 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 15 TH		BHS 256 Ocular Pharmacology Room 1200-1203	
Mar 16 F	BHS 116 Physiology Room 1200-1203		
Mar 20 T	CLE 162.3 Optometry Room 1200-1203	CLE 262.4 Binocular Anomalies Room 1200-1203	
Mar 23 F	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Mar 26 M		BHS 222 Theo & Physical Optics Room 1200-1203	
Mar 27 T	BHS 111 Neuroanatomy Room 1200-1203		
Mar 28 W			CLE 376.2 Strabismus & Amblyopia Room 1200-1203
Mar 29 TH		BHS 266 Microbiology Room 1200-1203	
Mar 30 F	BHS 140.2 Sensory Room 1200-1203		
Apr 2 M		BHS 261 Physical Diagnosis Room 1200-1203	
Apr 4 W	BHS 116 Physiology Room 1200-1203		
Apr 5 TH		BHS 256 Ocular Pharmacology Room 1200-1203	CLE 379 Infant & Child Development Room 1201-1202
Apr 11 W		CLE 262.4 Binocular Anomalies Room 1200-1203	BHS 364 Neuro-Ophthalmic Disorders Room 1201-1202
Apr 12 TH	CLE 162.3 Optometry Room 1200-1203		
Apr 13 F		BHS 222 Theo & Physical Optics Room 1200-1203	
Apr 16 M	CLE 170 Physiological Optics Room 1200-1203	BHS 263.2 Ocular Disease Room 1201-1202	
Apr 20 F	BHS 111 Neuroanatomy Room 1200-1203	BHS 261 Physical Diagnosis Room 1201-1202	
Apr 24 T	BHS 116 Physiology Room 1200-1203		CLE 376.2 Strabismus & Amblyopia Room 1201-1202
Apr 25 W		BHS 256 Ocular Pharmacology Room 1200-1203	
Apr 27 F	BHS 140.2 Sensory Room 1200-1203		CLE 380.3 Clinic Exam Room 1201-1202 <b>NOTE 8:00 AM</b>
Apr 30 M	CLE 170 Physiological Optics Room 1200-1203		
May 2 W			BHS 364 Neuro-Ophthalmic Disorders Room 1200-1203

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ILLINOIS COLLEGE OF OPTOMETRY

SPRING 2007

SCHEDULE OF SPRING QUARTER FINAL EXAMS

**REVISED 2/14/07**

February 22, 2007

	SATURDAY <b>MAY 5</b>	MONDAY <b>MAY 7</b>	TUESDAY <b>MAY 8</b>	WEDNESDAY <b>May 9</b>	THURSDAY <b>MAY 10</b>	FRIDAY <b>MAY 11</b>	SATURDAY <b>MAY 12</b>
9:00 – 11:00	BHS 140.2 Sensory Aspects of Vision	BHS 266 Microbiology	BHS 116 Physiology		BHS 111 Neuroanatomy & Neuro- physiology	CLE 262.4 Intro to Binocular Anomalies	CLE 194 Health Promotions
11:30 – 1:30		CLE 170 Physiological Optics				CLE 162.3 Optometry	
1:45 – 3:45	CLE 376.2 Strabismus & Amblyopia	BHS 364 Neuro- Ophthalmic Disorders	CLE 379 Infant & Child Development	BHS 263.2 Ocular Disease II			
2:30 – 4:30							BHS 222 Theo & Physio Optics
4:00 – 6:00	BHS 256 Ocular Pharmacology						

**ATTENTION:  
MAKE-UP DATES ARE MAY 14 AND 15**

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# Focal Point

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## C A M P U S N E W S

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### *International Night*

The Multicultural Association is sponsoring an evening of ethnic entertainment. Don't miss the ancient mystical dances, authentic songs and original skits that are professionally done by ICO students. It is a wonderful evening that you will always remember. All faculty, staff, and students are invited to this event. Friday, March 16th is the evening to reserve for this event. Performances start at 7pm. Come at 5pm to enjoy homemade ethnic foods at the MCA blindspot.

### *AOSA Quiz Bowl*

**When?** Friday, March 23

Blindspot 5pm

Quiz Bowl 7pm

Come out and support your class contestants as they compete for the title of quiz bowl champion. The winner will receive a travel grant to Boston and represent ICO in the Varilux Optometry Superbowl! Raffle prizes include volk lenses, miniature diagnostic sets, and a \$250 travel grant to Boston for Optometry's Meeting (June 27-July 1).

Tickets for quiz bowl and raffle tickets will be on sale March 19 - March 23.

### *New Residency Class Named*

The 2007-2008 ICO Residency Class has been finalized through the Optometry



Residency Matching Service. We're looking forward to another productive year with this outstanding group of incoming residents beginning on July 2.

Next year's class includes:

#### **Primary Care**

Tanya Halikias (ICO)

Amanda Hobbs (ICO)

Micah Mills (SCCO)

Kristin Skluzacek (ICO)

Keith Tyler (SCCO)

#### **Pediatric Optometry and Binocular Vision**

Megan Allen (ICO)

Jeffrey Oakland (ICO '06)

#### **Cornea and Contact Lenses**

Shana Brafman (ICO)

#### **Low Vision Rehabilitation and Ocular Disease**

Shamroze Khan (Waterloo)

Danielle Poole (OSU)

#### **Refractive Surgery Co-management and Anterior Segment Disease (Davis Duehr Dean)**

Aaron Bronner (PUCO)

#### **Ocular Disease and Low Vision Rehabilitation (Chicago VA sites)**

Lauren Maloney (PCO)

Casey Suckow (Nova)

Tatjana Ratzenberger (MCO)

## **Attention 3<sup>rd</sup> Years:**

We are currently looking for 3<sup>rd</sup> year students to become future members and officers of Gold Key International Optometric Honor Society. Gold Key serves to recognize upperclassmen that have demonstrated outstanding professional and ethical attitudes through leadership in their college, community and profession. Membership consists of six members of the third year class and up to ten percent of the fourth professional year. Individual candidates are chosen for a lifetime membership and one of the highest honors bestowed upon a student Doctor of Optometry.

If you are interested, please e-mail your application to [knarbone@eyedoc.ico.edu](mailto:knarbone@eyedoc.ico.edu) by **Wednesday, April 1st**. Submission of an application means you are accepting the \$100 charge to your student account should you earn membership as part of the ICO Gold Key Class of 2008. Please check your Eyedoc email or ICO mailbox for more details. Questions? Contact Katherine Narbone at the above email address.

Good Luck,  
Class of 2007 Officers

## **Coding Compliance Corner**

*Letitia Patterson, MPA, CPC, CCS-P*

### **Meeting the Requirements before Coding Consults**

**Q:** How do you know when to use an office visit or a consult code?

**A:** According to the Current Procedural Terminology (CPT) guidelines, a consultation is a type of service provided by a physician whose opinion or advice regarding evaluation and/or management of a specific problem is requested by another physician or other appropriate source.

In order to report a consultation code (99241-99245), there are a few requirements that must be met. The requirements are as follows:

### **Request for an opinion**

**Rendering** of services and **reason** for consult with recommendations

**Report** back to requesting source

If a patient requests a second opinion for ophthalmic care or is referred by another provider to provide care and management of an ophthalmic problem, select the appropriate new patient (99201-99205) or established patient (99211-99215) office visit code.

## **Continuing Education -**

### **March 18, 2007**

Students and faculty are invited to attend ICO's continuing education event on March 18, 2007. Eye Care 2007 will feature the latest developments in the management of Age Related Macular Degeneration, Diabetic Eye Disease, Glaucoma, and Strabismus in a lecture/case study/panel format presented by the joint faculties of ICO and the University of Chicago Department of Ophthalmology. The program runs from 9:00 A.M. to 3:30 P.M. and will be held in the Lecture Center. To register or for more information contact Diane Gillette at [x7081@dgillette@ico.edu](mailto:x7081@dgillette@ico.edu).

## **\$5,000 Scholarships**

America's Best Contacts & Eyeglasses/National Vision, Inc. Scholarship Program will make available five \$5,000 scholarships for 3rd and 4th year students at ICO.

### **Scholarship Criteria**

Applicants for this award will be asked to submit a 1-2 page typed essay on the topic

"My Passion for Optometry". Finalist may be asked to participate in an interview process.

1. Criteria for this award is:
  - a. The candidate(s) shall demonstrate financial need as determined by ICO's Financial Aid office and be a current 3rd or 4th Year professional student at the Illinois

College of Optometry

- b. Eligible candidates must have a 3.0 or above cumulative GPA at the time of application
- c. The candidate(s) must be able to effectively demonstrate & communicate their passion for optometry
- d. Candidates should be exceptional individuals who routinely go well beyond the general call of duty and/or the standard expectations
- e. Candidate must demonstrate the personal drive/motivation for their career and the profession

2. Scholarship awards are one time only and are not renewable.
3. Scholarship recipients are not eligible for any other scholarships offered by America's Best Contacts & Eyeglasses/National Vision, Inc.
4. These scholarships will be awarded without regard to race, religion, ethnicity, age, sex, or national origin.

Essays should be submitted to the Student Affairs Office by Monday, April 2, 2007. Essays may also be emailed or faxed to Sharon Uher at the address and number listed below.

312-949-7680 - fax  
[suher@.ico.edu](mailto:suher@.ico.edu)

## ***HOYA Vision Care Grant and Scholarship Program***

### **3rd and 4th Year Optometry Student 2007 Grant and Scholarship Programs**

HOYA Vision Care is offering 3rd and 4th Year Students a \$1000 grant program and an opportunity to qualify for a \$6000 Scholarship. To be considered, students will submit a patient case study involving HOYA products. There will be one winner at each school and each winner will receive \$1000. The winning case studies will then be reviewed by HOYA's ECP Advisory Panel and an overall winner chosen. This Student will receive an additional \$6,000 scholarship.

Judging will be based on originality, application of technology involved, product knowledge and overall analysis and composition.

The written case study report must be submitted to the ICO Student Affairs Office by April 1, 2007. The Grant winners from each school will be announced on June 1, 2007. The 19 winners will be invited to the AOA meeting in Boston June 27 - July 1, 2007. Hoya will pick up their Airfare and Hotel room for the meeting. The Scholarship winner will be announced during the reception for the opening of the Exhibit Hall. The Grant and Scholarship winners will receive their awards at the meeting.

### ***Tech Tips***

Ahmed Mohammad

#### **How to Change an email to an appointment in Groupwise.**

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment.

**Q. When I click on "file", I want all of my options to drop down rather than just those that I frequently use. Can someone tell me how to make this change?(Microsoft Office)**

**A. Try Tools->Customize->Options. On Excel 2003 is a checkbox that says 'always show full menus'**

#### **ICO Phone Tip**

**Here is an easier way to call the sender after listening to a message**

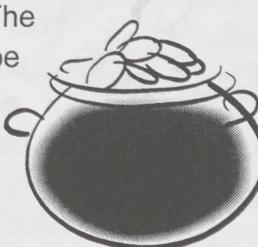
After listening to the message, pres 9 to call the sender

#### **Split your window to view two areas at the same time**

(Word 97/2000/2002/v. X/2003)

[www.newhorizons.com](http://www.newhorizons.com)

You can easily split the window of your Word documents. This enables you to



view one area of the document while making changes to another. For example, if you're writing the conclusion to a document, you may want to refer back to the introduction to ensure you cover all of the main points. To split the window, go to Window | Split. Your cursor automatically turns into a split pointer. Click where you want the screen to split (except in v. X, in which the screen automatically splits in the center of the page without a click). You can adjust the split by clicking and dragging the dividing line up or down. To remove the split screen, go to Window | Remove Split.

Here's a shortcut for creating and removing a split window: Double-click the small rectangle above the vertical scroll bar on the right side of the screen. This automatically splits the window equally. Double-click on the dividing line to remove the split. If you want to make one area of the split window larger than the other, drag from the small rectangle to the point where you want the split. To remove the split, you can double-click the dividing line, or you can drag it all the way to the top or bottom of the editing window.

## *Spotlight on the Library*

by Sarah Morris and Kathryn Johnston

### New Poster

"Trigeminal Nerve Manifestations of Herpes Simplex Virus in Female Siblings" by Dr. James McMahon and Stephanie Suits-Klyber is the new poster on display in the Library. Please take time to view the poster and direct all questions to the authors.

### New service: Get It ICO!

The Library has launched new software this week that will enable you to find full text articles and/or place a request for items ICO doesn't have. As you're searching library databases like PubMed and EBSCOhost on campus, look out for red buttons that say "Get It ICO." Clicking on this button opens a new



window that indicates if the library has access to full text—if so, it lists the dates we have and/or any password necessary. If not, you will see a link to search the library catalog for a print copy and also a link to the Document Delivery (interlibrary loan) form—simply fill out the personal information requested on the additional screen and the library will obtain a copy for you (usually within 1-10 business days).

When you search PubMed be sure that you do so through the library's special URL—[http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?otool=ilicolib&holding=ilicolib\\_fft](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?otool=ilicolib&holding=ilicolib_fft) (we recommend you bookmark this website on any computers you regularly use). By using this URL (both on and off campus) you will be able to see the red buttons and know what materials are available to you as an ICO student. Off campus students will not be able to access journal content that is IP-restricted to on campus users, but will be able to see what's available on your next campus visit. On campus users can access this URL through the Library's webpage under More Fulltext Sources → Searchable Databases.

Should you encounter any difficulties in this process, please use the Report a Problem link and let us know so we can fix the problem as soon as possible. One additional note, when full text is available and you click Go, be aware that with some publishers you will need to navigate through the website to find the particular issue or page you desire. Every publisher's website is different; contact the library if you cannot find what you are looking for and we'll be happy to help!

### Third Year Projects

Please contact a librarian if you need help in finding articles and other library materials for your third year projects. We are happy to provide personalized research assistance. We also can obtain for you books and articles not found at this library through our Document Delivery Service (interlibrary loan).

## *ICO Professor at SECO*

Dr. Dominick Maino, Professor of Optometry, presented 4 hours of continuing education to doctors, para-optometrists, students and residents at the recent SECO meeting in Atlanta, GA. He spoke on special populations and developing a niche practice in the area of pediatrics, binocular vision and vision therapy. Dr. Maino also met with the AOA Poster committee where he reviewed more than 120 submitted posters for the up and coming AOA meeting in Boston this summer.

## *Did You Know*

*Dr. Colip*

### **Nomogram, Topography and Final Rx Relations for CRT**

Files of 86 patients who were successfully fitted with corneal refractive therapy using Paragon CRT were reviewed to analyze the relationships between the first diagnostic lens and the lens finally prescribed, and to correlate them with corneal topography and refractive parameters. Differences between diagnostic versus finally prescribed lens parameters of base curve radius (BCR), return zone depth (RZD) and landing zone angle (LZA) and the number of lenses required to achieve the final fit were correlated with corneal topographic parameters and attempted refraction.

There were statistically significant differences between CRT parameters for the first lens suggested by the nomograms and the lens finally prescribed. On average those changes did not achieve one full step difference (i.e., 0.10 mm for BCR and 25 microns for RZD). Only LZA achieved a full step change (1 degree). According to the data, 92 percent of the fittings were achieved by changing two parameters or less. The majority of changes required were within +/- 1 step of the initially selected (96 percent for BCR, 99 percent for RZD and 100 percent for LZA). Changes in lens parameters are related with

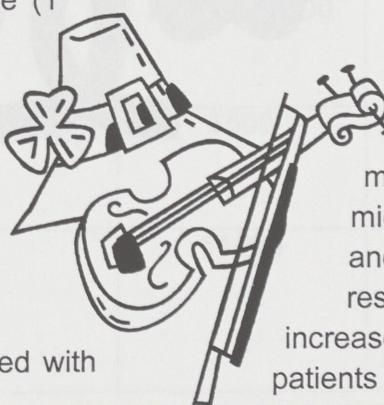
some ocular parameters, but mainly with first lens parameters. RZD was the parameter requiring more changes. The amount of change in RZD was correlated with steep keratometry, BCR and RZD of the first lens.

Nomograms used for lens selection with Paragon CRT have a high first-fitting success with a relatively simple fitting procedure. Correlations between final lens parameters and ocular and initial lens parameters obtained in this study can assist clinicians to anticipate the level of difficulty in achieving optimal fitting with the Paragon CRT contact lens and the most frequent changes needed to achieve it.

**SOURCE:** Gonzalez-Mejome JM, Villa-Collar C. Nomogram, corneal topography, and final prescription relations for corneal refractive therapy. *Optom Vis Sci* 2007;84(1):59-64.

### **Contact Lens-Induced Corneal Edema Effect on Applanation Tonometry**

Twenty-five young healthy subjects presented on three separate days approximately one week apart to determine the effect of small increases in corneal hydration on the accuracy of Goldmann applanation tonometry estimates of intraocular pressure (IOP). On two visits, subjects were required to wear a hydrogel contact lens with a center thickness of either 0.3 mm or 0.7 mm (HEMA 38 percent water content, parallel surface curve) in one eye only under closed-eye conditions for two hours to induce corneal swelling. The third visit acted as a control. IOP, corneal thickness and corneal curvature were measured in both eyes before and after contact lens wear on all visits.



There was a statistically significant increase in corneal thickness of  $40.2 \pm 14.4$  microns and  $41.9 \pm 16.4$  microns after wearing the 0.3 mm and 0.7 mm thick contact lenses, respectively. There was an increase in IOP of  $2.8 \pm 2.2$  mm Hg in patients who had worn the 0.3 mm thick

contact lens and a statistically insignificant difference of  $1.3 \pm 3.0$  mm Hg in patients who had worn the 0.7 mm thick contact lens. A statistically significant correlation was found between the change in corneal thickness and the change in IOP after lens wear. The corneal hydration-induced measurement error was 0.46 mm Hg per 10 microns change in corneal thickness (0.3 mm lens) and 0.35 mm Hg per 10 microns change in corneal thickness (0.7 mm lens).

A small increase in corneal hydration and thickness may cause a clinically significant overestimation of IOP when measured using Goldmann applanation tonometry.

SOURCE: Hamilton KE, Pye DC, Hall A, et al. *The effect of contact lens induced corneal edema on Goldmann applanation tonometry measurements*. J Glaucoma 2007;16(1):153-8.

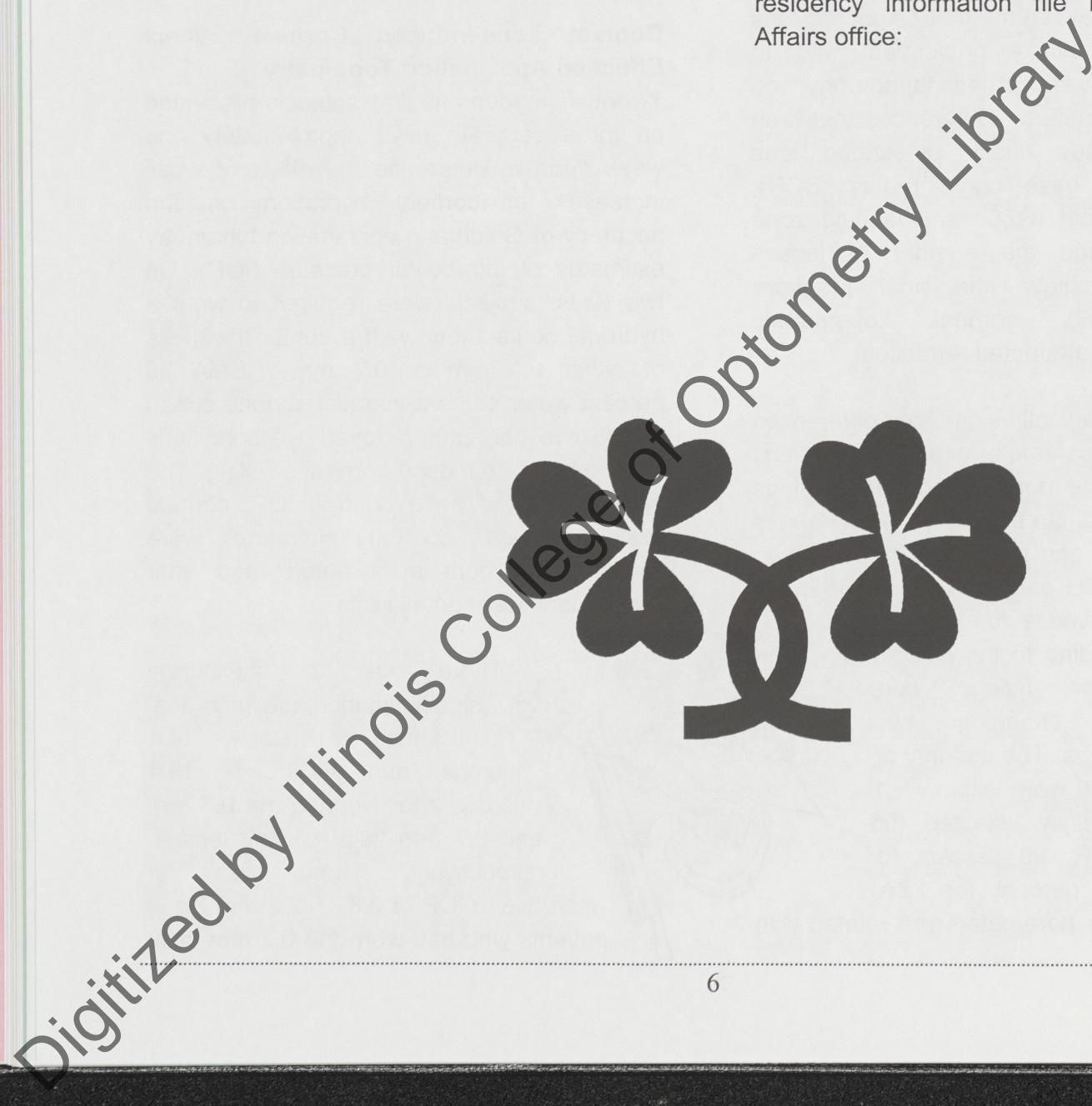
## C L A S S I F I E D S

### Flexible hours available!

VOHHA (Vision of Hope Health Alliance) is in need of dependable assistance with the everyday tasks involved with tracking and seeing our patients. These duties involve, but are not limited to, data entry, contacting patients by phone to remind of/or reschedule appointments, preparation of patient information packets, and filing, to name just a few. If you are looking for a position, please contact Mary Rutherford at 7321. We look forward to hearing from you soon!

## R E S I D E N C I E S

Residency information is available in the residency information file in the Student Affairs office:



# S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
<b>ASCO Student Award in Clinical Ethics</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Years</li> <li>• Essay up to \$1,500 word</li> <li>• </li> </ul>	\$1,000 & Plaque	Submitted Electronically to Sharon Uher, <a href="mailto:suher@ico.edu">suher@ico.edu</a> by Tuesday, March 13
<b>The Minnie Flaura Turner Memorial Fund for Impaired Vision Research</b>	<ul style="list-style-type: none"> <li>• 500 word prospectus of research</li> <li>• </li> </ul>	\$2,500	Mail by April 1, 2007
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	April 1 <sup>st</sup> to Student Affairs
<b>America's Best Contacts &amp; Eyeglasses/National Vision, Inc.</b>	<ul style="list-style-type: none"> <li>• 3.0 or better GPA</li> <li>• Financial need</li> <li>• 3<sup>rd</sup> and 4<sup>th</sup> year</li> <li>• 1 or 2 page paper</li> </ul>	5 \$5,000	April 2 to Student Affairs
<b>Azman Scholarship Award in Contact Lens Excellence/Private Practice</b>	<ul style="list-style-type: none"> <li>• 3 and 4<sup>th</sup> Years</li> <li>• 3 page paper</li> <li>• Pursue Private Practice</li> </ul>	\$4,000	To Student Affairs by April 2, 2007
<b>AOSA Vistakon Travel Grant</b>	<ul style="list-style-type: none"> <li>• 500 word essay</li> <li>• Good academic standing</li> <li>• 1 page curriculum vitae</li> <li>• AOSA member</li> <li>• Registered for Optometry meeting by June 1</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	Submit to SAO by April 2, 2007
<b>AOA 2007 Patrick Everett Cummings Memorial Scholarship Fund</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Yr student the AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Resume academic accomplishments</li> <li>• Paper under 1,500 words</li> </ul>	\$3,000	Submit to Student Affairs by April 2, 2007
<b>Walman Optical Company Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 2<sup>nd</sup> and 3<sup>rd</sup> years</li> <li>• Application</li> </ul>	\$300 - \$3,000	Postmarked by April 10, 2007
<b>Optometric Society of Greater Kansas City, Inc.</b>	<ul style="list-style-type: none"> <li>• From Greater Kansas City</li> <li>• GPA</li> <li>• 2,3, 4 Yrs</li> </ul>	\$500	April 15, 2007
<b>SD affiliate AFVA Dr. Monty Friedow Memorial Scholarship</b>	<ul style="list-style-type: none"> <li>• SD resident of SD</li> <li>• 3<sup>rd</sup> or 4<sup>th</sup> year</li> <li>• Upper half of class</li> </ul>	\$1000	Before April 25th

<b>AOA Allergan Student Award</b>	<ul style="list-style-type: none"> <li>Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eyes:</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Research on "Decision Making in Contact Lens Practice, the Why and the When."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....?</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA Vistakon Resident Award</b>	<ul style="list-style-type: none"> <li>Resident Award addressing "My Most Challenging Contact Lens Case."</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Year in AOSA and AOA</li> <li>Good Academic Standing</li> <li>Paper under 1,500 words</li> </ul>	<b>\$2,500</b>	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>MFVA Michigan Foundation for Vision Awareness</b>	<ul style="list-style-type: none"> <li>Resident of MI</li> <li>3<sup>rd</sup> Yr</li> <li>B average</li> <li>Need financial assistance</li> <li>Plan to practice in MI</li> </ul>	<b>\$1,000 or more</b>	<b>May 1, 2007 to Mary Bellows</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>Canadian or American Citizenship</li> <li>GPA of 2.7</li> </ul>	<b>Up to \$3,000</b>	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>Citizen of U.S.</li> <li>One parent of Polish heritage</li> <li>Chicago area resident</li> <li>Good grades</li> <li>Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### Attention ICO Polar Bear Runners and Walkers

Congratulations to all finishers in the 2007 ICO Polar Bear Run. Please remember to hand in your completed logs and evaluations to Shelby by Friday, March 9. All participants who successfully complete the program and turn in their logs and evaluations will get a long sleeve Polar Bear t-shirt and one lucky grand prize winner will receive a \$50 gift card to Fleet Feet!



### Massage Therapy

Does the lingering cold have you feeling sluggish? If so, try a massage. Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Thursday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate.

Regina will be on-campus Thursday, March 15.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

### YOUR TRAINERS ARE

Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

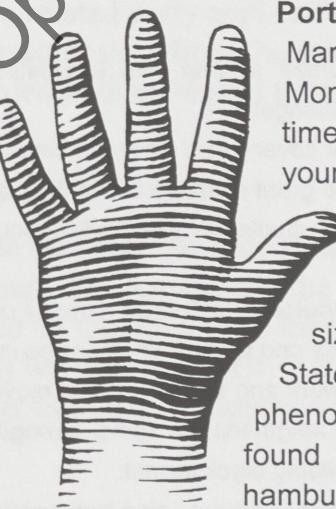
### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### Eye on Wellness

#### Portion Control

March is National Nutrition Month® so it is a great time to check and see if your portions are in control. A recent academic study confirmed that serving sizes in the United States are expanding phenomenally. Researchers found that the size of a hamburger grew 23 percent between 1977 and 1996. Soft drinks increased in size by 52 percent. And servings of snack foods, such as chips and pretzels, were 60 percent larger.



Food marketers discovered that consumers perceived larger quantities as better values for their money. Bigger servings prompt you to buy more because you believe you're getting a better deal.

To get precise about portion control, you don't need to weigh and measure every bite. You can use your own hand to get a working estimate of portion proportions.

**The size of your fist:** A medium fruit, one cup of rice or pasta

**The size of your thumb:** One ounce of cheese

**The tip of your thumb:** One teaspoon of butter, oil, or nut butter

**The palm of your hand:** One serving of meat, poultry, or fish

**One cupped handful:** One serving of cereal, chips, or pretzels

Try it the next time you go out for lunch. You'll be surprised to see just how much food you have on your hands!

This information is provided by SCW Fitness Edge

## SPRING QUARTER FITNESS CLASS SCHEDULE

Begins February 26, 2007

Monday	Tuesday	Wednesday	Thursday	Friday
12:00 - 1:00 pm Total Body Strength Shelby		12:30 - 1:30 pm Athletic Conditioning Shelby	1:00 - 1:30 pm Pilates Mat Shelby	
	3:45 -4:30 pm Cardio and Sculpt Kristie			
5:30 - 6:30 pm Bellydancing Melissa	4:30-5:15 pm Yoga Dr. Z		6:00 - 7:00 pm Cardio Dance/ Abs and Lower Body Sculpt	

### Class Descriptions:

**Athletic Conditioning:** Keep yourself moving with alternating segments of strength training and cardio--all levels are welcome, but be prepared for a challenge!

**Bellydancing-**The class format will cover basic belly dancing moves and use a building block format. Whether you want to learn a new dance style or get some great exercise this is the class for you!

**Cardio and Sculpt-** This class will challenge the cardiovascular system and strengthen your muscles. Get ready for an intense workout!

**Cardio Dance/Abs Lower Body Sculpt-** The first 30 minutes of class will focus on dance-inspired aerobic workout. The last 30 minutes will target the abdominals and lower body muscles in a strength training format.

**Pilates Mat:** Pilates uses breath work and slow executed movements to strengthen the core muscles—abdominals, glutes, lower back, and hip flexors. It also lengthens the spine, strengthens and elongates muscles, and increases body awareness and flexibility. This class uses a building block format.

**Total Body Strength:** Get a total body workout using free weights, tubing, stability balls, BOSUS and exercises for the core!

**Yoga- Hatha** Yoga believes that through breathing, stretching and strengthening the body will be purified. This class is non-competitive and open to all levels.

# The Azman Scholarship Award in Contact Lens Excellence/Private Practice

## Information Sheet

Dr. Irwin Azman, ICO alumnus ('77) and his brother Thomas, partners at the Azman Eye Care Specialists, a private practice in Maryland, have donated **\$4,000**/year in support of a scholarship for a third year or fourth year student. They have created The Azman Scholarship Award in Contact Lens Excellence/Private Practice to provide support for third or fourth year ICO students that have a goal of entering private practice with an interest in contact lens and/or contact lens research. It is their desire that these students will further explore and solidify their interest in these areas at this critical point in their optometric education.

### Scholarship Criteria

1. Criteria
  - The candidate(s) shall demonstrate financial need and be a current third or fourth professional year student at the Illinois College of Optometry.
  - Eligible candidates must have a **3.0 or above cumulative GPA** at the time of application.
  - The candidate(s) must have a demonstrated interest in pursuing private practice with emphasis in contact lens excellence and/or research.
  - The candidates should be interested in using their submitted three-page paper as a starting point for a professional quality poster or published article in a professional journal. Any subsequent publications and posters must make reference to the Azman Family as a scholarship sponsor. The deadline for submission of papers to the Student Affairs Office is **April 2, 2007**.
2. Scholarship awards are one time only and are not renewable.
3. Scholarship recipients are not eligible for any other scholarships offered by the Azman family.
4. If an Azman family member or a related party applies for this scholarship, Dr. Azman or any family member must abstain from the selection process.
5. These scholarships will be awarded without regard to race, religion, ethnicity, age, sex or national origin.

### Selection Process

The selection of the award recipients will be made by the Vice President for Student Affairs, in consultation with Dr. Irwin Azman. Dr. Azman and the Vice President for Student Affairs will make their choice based on the three-page essay and how well the students fit the selection criteria. Finalist(s) will meet with Dr. Azman during the final selection process to present and discuss their interests and aspirations in optometry.

**SUBMIT PAPERS TO THE STUDENT AFFAIRS OFFICE BY APRIL 2, 2007.**

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# Focal Point

## C A M P U S N E W S

### Panel Discussion

Dont' Miss the "Eyes on the Road Ahead"  
Panel Discussion!

Mark your calendars now.

**Date:** Thursday, April 12, 2007

**Time:** 6:00 p.m. Reception

6:30 - 8:30 p.m. Panel Discussion

**Place:** Lecture Center Foyer and Room 1200

All students are invited to attend the "Eyes on the Road Ahead" panel discussion featuring a diverse group of ICO alumni who have taken different paths to success. The panelists have volunteered to share their practice experiences since graduating. This is a great opportunity to hear unscripted, unrehearsed tales from the real world from your future colleagues.

Utilizing an interactive format throughout the evening, students are encouraged to participate by asking questions throughout the discussion.

The panelists will be:

Dr. Steven Chander,  
Dr. Shari Jurgensen  
Dr. S. Barry Eiden,  
and Dr. George  
McArdle. Dr. Vince  
Brandys will  
moderate.

A reception including beverages and a variety of hearty hot

and cold hors d'oeuvres will precede the event for those attending the panel discussion.

This event is hosted by ICO and Alcon and is free for all students, faculty and staff. For more information, contact Connie Scavuzzo in the Alumni Relations Office at x7080 or cscavuzzo@ico.edu.

### Educational Lens Program

Just a reminder that we are quickly approaching the end of this year's educational lens program.

Appointments for fittings will not be accepted past April 1st. In addition, all orders must be placed by April 30th.  
**NO EXCEPTIONS!**

If you cannot make these deadlines you will have to wait for the next academic year which will begin on May 21st.

Also, please note if your order requires it to be mailed to you there will be an additional \$5 shipping charge and you must provide an accurate address.

Thank you for your

Today is the day when bold kites fly,  
When cumulus clouds roar across the sky.  
When robins return, when children cheer,  
When light rain beckons spring to appear.

Today is the day when daffodils bloom,  
Which children pick to fill the room,  
Today is the day when grasses green,  
When leaves burst forth for spring to be seen.  
- Robert McCracken, Spring

cooperation.  
Renee E. Reeder, O.D., FAAO  
rreeder@ico.edu  
office 312-949-7297  
fax 312-949-7655

## Tech Tips

Ahmed Mohammad

### Display and print out formulas in Excel (2003)

Have you ever wanted to inspect your worksheet formulas on paper but couldn't figure out how to do so? Select Tools | Formula Auditing | Formula Auditing Mode from the menu bar. The hidden formulas will appear right on your sheet. Now, all you need to do is click Print as you normally would to see your formulas in hardcopy form.

Here are the most commonly used public groups in Novelli GroupWise Novell address book

Group name	Group Members
<b>Everyone</b>	faculties and staff
<b>Allstudents</b>	All ICO students
<b>06students</b>	All students graduating year 2006
<b>07students</b>	All students graduating year 2007
<b>08students</b>	All students graduating year 2008
<b>09students</b>	All students graduating year 2009
<b>10students</b>	All students graduating year 2010
<b>RCEmail</b>	All residence live in RC
<b>RC Staff</b>	RA's
<b>Faculty</b>	ICO faculty
<b>Support</b>	Information System department

## Coding Compliance Corner

Letitia Patterson, MPA, CPC, CCS-P

### New and Established patients

**Q:** What is the difference between a new and established patient and why does it make a difference?

**A:** According to the Current Procedural Terminology (CPT) manual, a new patient is



one who has not received professional services from the physician or another physician of the same specialty who belongs to the same group practice, within the past three years.

An established patient is one who has received professional services from the physician or another physician of the same specialty who belongs to the same group practice, within the past three years.

For the new and established patient, the three years would be three years from the last date of service. For example, if a patient was last seen on July 1, 2003, he would be considered a new patient again on July 1, 2006.

Professional services are defined by face-to-face services rendered by a physician and reported by a specific CPT code.

If a patient sees a subspecialist within the group practice and the subspecialist has a separate tax identification number for their subspecialty, different from the general group tax identification number, the patient receiving professional services from the subspecialist may be considered a new patient.

Code selection between a new and established patient is important because new patients typically require more effort by the physician and practice staff and should therefore be considered for higher reimbursement.

## Spotlight on the Library

By Sarah Morris and Kathryn Johnston

### New Poster By Students

Please come view the new poster displayed in the Library: "Comparing Accuracy and Efficiency of Lesion Documentation Using Two Different BIO Lens Systems," by two students, Melissa Oltz and Ellen Yarzak.

Please direct all questions to the authors.

### More on Our New service: Get It ICO!

The Library launched new software last week that enables you to find full text articles when searching online databases, like PubMed. But what happens if you click on one of the red buttons that say "Get It ICO" and don't see an option for Fulltext? Or, what if you see Fulltext option, but the date range excludes the particular article you need?

If you click on "Go," and the next screen asks for a password for the full text article—look at the previous screen. The user names and password will be provided in small print.

You may see the message, "Request document via Document Delivery." If you click GO, a form will open to request the article via Document Delivery (interlibrary loan). The Library then will get you the article from another library for free, usually within 1-10 business days.

You may see the message, "Holdings in ICO Online Catalog." Search the ICO Online Catalog to check the holdings by clicking GO. If the library does not have the issue that you want, you'll need to go back to the Library's homepage and select the Citation Linker button. You'll have to enter the citation again, but doing so will allow you to see the Document Delivery option and thus place a request for the article.

If you get the Fulltext option, but the date range excludes the issue you want, you'll also need to go back to the Library's homepage and use the Citation Linker. Again, this will allow you to see options to search the catalog or place a Document Delivery request.

The Library's homepage has an FAQ button which gives more detailed information about

how to use the red buttons and to solve problems you may have.

Please use the Report a Problem link if you have any problems, so that we can resolve the issue as soon as possible. As always, contact the Library if you cannot find what you are looking for because we are happy to help!

### Did You Know

Dr. Colip

#### Complication Incidence During Phacoemulsification in Diabetic Retinopathy Patients

This study evaluated the rates of intraoperative and early postoperative complications (IEPC) and the duration of phacoemulsification in eyes with and without diabetic retinopathy and the effect of oral and topical non-steroidal anti-inflammatory agents (NSAIDs) on surgically induced miosis. Phacoemulsification was applied to 50 eyes with proliferative diabetic retinopathy (PDR), 50 eyes with non-proliferative diabetic retinopathy (NPDR) and 50 eyes with no other ocular findings. NSAIDs were used perioperatively.

The rates of IEPC and the duration of phacoemulsification were significantly higher in the PDR group compared with those of the NPDR and control groups. Diabetes type had no significant effect on these parameters. The rate of surgically induced miosis was higher in the eyes with PDR compared with the eyes with NPDR and the controls, despite use of NSAIDs.

These results indicate that eyes with PDR are significantly more prone to IEPC, while the type of diabetes is not a predictor factor. duration of phacoemulsification is longer in the eyes with PDR. In spite of NSAID use, surgically induced miosis is more commonly observed in eyes with PDR.

SOURCE: Akinci A, Batman C, Zilelioglu O. Does diabetic retinopathy increase the

incidence of intraoperative complications of phacoemulsification surgery? *Int Ophthalmol* 2007; Feb 23 [Epub ahead of print].

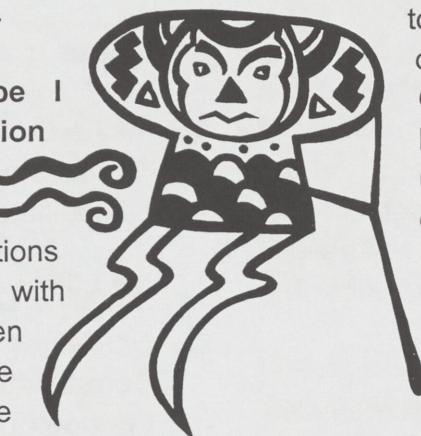
### Cataract Associated with Type I Diabetes in the Pediatric Population

A retrospective medical records review of 14 patients (28 eyes) from seven institutions looked for cataract associated with Type I diabetes in young children and adolescents. All patients were younger than 18 years and met the inclusion criteria of Type I diabetes and cataract.

Mean age at the time of diabetes diagnosis was 9.8 years (range, 0.5 to 14 years), and mean age at cataract diagnosis was 11.7 years (range, 5 to 16 years). Two patients presented with cataracts one month before the diagnosis of diabetes, seven patients presented with cataracts after the diagnosis of diabetes and five patients had cataracts that were found at the time the diabetes was diagnosed by a pediatrician. Nineteen out of 23 operated eyes had a best corrected post-operative visual acuity of 20/40 or better. Two patients (4 eyes) developed diabetic retinopathy postoperatively.

Although cataract formation in Type I diabetes is rare, it is treatable and potentially sight-saving in young children and adolescents.

SOURCE: Wilson ME, Levin AV, Trivedi RH, et al. Cataract associated with type-I diabetes mellitus in the pediatric population. *AAPOS* 2007; Feb 14 [Epub ahead of print].



### Attention 3<sup>rd</sup> Years:

We are currently looking for 3<sup>rd</sup> year students to become future members and officers of Gold Key International Optometric Honor Society. Gold Key serves to recognize upperclassmen that have demonstrated outstanding professional and ethical attitudes through leadership in their college, community and profession. Membership consists of six members of the third year class and up to ten percent of the fourth professional year. Individual candidates are chosen for a lifetime membership and one of the highest honors bestowed upon a student Doctor of Optometry.

If you are interested, please e-mail your application to [knarbone@eyedoc.ico.edu](mailto:knarbone@eyedoc.ico.edu) by **Wednesday, April 1st**. Submission of an application means you are accepting the \$100 charge to your student account should you earn membership as part of the ICO Gold Key Class of 2008. Please check your Eyedoc email or ICO mailbox for more details. Questions? Contact Katherine Narbone at the above email address.

Good Luck,  
Class of 2007 Officers

### CLASSIFIEDS

No Classifieds at this time

### RESIDENCIES

Residency information is available in the residency information file in the Student Affairs office:

# S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
The Minnie Flaura Turner Memorial Fund for Impaired Vision Research	<ul style="list-style-type: none"> <li>500 word prospectus of research</li> </ul>	\$2,500	Mail by April 1, 2007
HOYA Vision Care Grant and Scholarship Program	<ul style="list-style-type: none"> <li>3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>Submit Patient Case study involving HOYA products</li> </ul>	\$1000 National Winner gets an additional \$6,000	April 1 <sup>st</sup> to Student Affairs
America's Best Contacts & Eyeglasses/National Vision, Inc.	<ul style="list-style-type: none"> <li>3.0 or better GPA</li> <li>Financial need</li> <li>3<sup>rd</sup> and 4<sup>th</sup> year</li> <li>1 or 2 page paper</li> </ul>	\$5,000	April 2 to Student Affairs
Azman Scholarship Award in Contact Lens Excellence/Private Practice	<ul style="list-style-type: none"> <li>3 and 4<sup>th</sup> Years</li> <li>3 page paper</li> <li>Pursue Private Practice</li> </ul>	\$4,000	To Student Affairs by April 2, 2007
AOSA Vistakon Travel Grant	<ul style="list-style-type: none"> <li>500 word essay</li> <li>Good academic standing</li> <li>1 page curriculum vitae</li> <li>AOSA member</li> <li>Registered for Optometry meeting by June 1</li> </ul>	2-\$500 travel grants 1-\$1,000 overall winner	Submit to SAO by April 2, 2007
AOA 2007 Patrick Everett Cummings Memorial Scholarship Fund	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Yr student the AOSA and AOA</li> <li>Good Academic Standing</li> <li>Resume academic accomplishments</li> <li>Paper under 1,500 words</li> </ul>	\$3,000	Submit to Student Affairs by April 2, 2007
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> <li>2<sup>nd</sup> and 3<sup>rd</sup> years</li> <li>Application</li> </ul>	\$300 - \$3,000	Postmarked by April 10, 2007
Optometric Society of Greater Kansas City, Inc	<ul style="list-style-type: none"> <li>From Greater Kansas City</li> <li>GPA</li> <li>2,3, 4 Yrs</li> </ul>	\$500	April 15, 2007
SD affiliate AFVA Dr. Monty Friedow Memorial Scholarship	<ul style="list-style-type: none"> <li>SD resident of SD</li> <li>3<sup>rd</sup> or 4<sup>th</sup> year</li> <li>Upper half of class</li> </ul>	\$1000	Before April 25th

<b>AOA Allergan Student Award</b>	<ul style="list-style-type: none"> <li>• Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eyes:</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>• Research on "Decision Making in Contact Lens Practice, the Why and the When."</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA CIBA Vision Award</b>	<ul style="list-style-type: none"> <li>• Reviewing the Evolution of Continuous Wear; How has our knowledge of corneal oxygen....?</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>AOA Vistakon Resident Award</b>	<ul style="list-style-type: none"> <li>• Resident Award addressing "My Most Challenging Contact Lens Case."</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS' annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach airfare and two nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year in AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Paper under 1,500 words</li> </ul>	<b>\$2,500</b>	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>MFVA Michigan Foundation for Vision Awareness</b>	<ul style="list-style-type: none"> <li>• Resident of MI</li> <li>• 3<sup>rd</sup> Yr</li> <li>• B average</li> <li>• Need financial assistance</li> <li>• Plan to practice in MI</li> </ul>	<b>\$1,000 or more</b>	<b>May 1, 2007 to Mary Bellows</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>• Canadian or American Citizenship</li> <li>• GPA of 2.7</li> </ul>	<b>Up to \$3,000</b>	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>• Citizen of U.S.</li> <li>• One parent of Polish heritage</li> <li>• Chicago area resident</li> <li>• Good grades</li> <li>• Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### Congratulations to the ICO Polar Bear Runners and Walkers

Congratulations to the following individuals who successfully completed the 2007 ICO Polar Bear Run/Walk:

Ashley Scheurer

Candace Oto

Dr. Gary Lesser

Gerianne Mulanix

Jason Barnes

Michelle Zickel

Nicole Henriksen

Stephanie Cohen

Thuy-Duong Phan

### Massage Therapy New Day and Time

Do you need to kick off your week feeling refreshed? If so, massage is now available on Mondays from 9 am until 1 pm. Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Monday. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate. All appointments need to be made by noon on Thursday.

Regina will be on-campus Monday, April 2.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin?

Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE .

Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

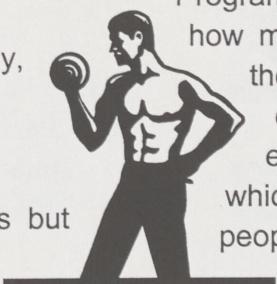
### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

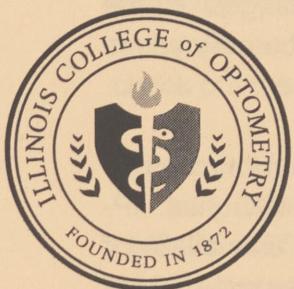
### *Eye on Wellness*

#### Heart Association wants you to "start"

If your New Year's resolutions to shape up and get fit are already fading, the American Heart Association has new online nutrition and fitness tracker it hopes will give you a jump start. The free Start! Program lets you plug in what you eat and how much you exercise each day, and then calculates calories in and calories burned. The program especially emphasizes walking, which is the easiest activity for most people. The new online tracker is at [www.americanheart.org/start](http://www.americanheart.org/start).



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# Focal Point

C A M P U S N E W S

## Eyes on the Road Ahead

### Dont' Miss the "Eyes on the Road Ahead"

#### Panel Discussion!

All students are invited to attend the "Eyes on the Road Ahead" panel discussion featuring a diverse group of ICO alumni who have taken different paths to success. The panelists have volunteered to share their practice experiences since graduating. This is a great opportunity to hear unscripted, unrehearsed tales from the real world from your future colleagues.

Utilizing an interactive format throughout the evening, students are encouraged to participate by asking questions throughout the discussion. The panelists will be: Dr. Steven Chander, Dr. Shari Jurgensen, Dr. S. Barry Eiden, and Dr. George McArdle. Dr. Vince Brandys will moderate.

A reception including beverages and a variety of hearty hot and cold hors d'oeuvres will precede the event for those attending the panel discussion.

This event is hosted by ICO and Alcon and is free for all students, faculty and staff. For more information, contact Connie Scavuzzo in the Alumni Relations Office at x7080 or

cscavuzzo@ico.edu.

Mark your calendars now.

**Date:** Thursday, April 12, 2007

**Time:** 6:00 p.m. Reception

6:30 - 8:30 p.m. Panel Discussion

**Place:** Lecture Center Foyer and Room 1200

## Student Organizations

Please submit your newly elected officers with their box number, phone numbers and email addresses to Kathy Brownfield in the Student Affairs Office.

## Tech Tips

Ahmed Mohammad

### How to Set A Home Page

To set a Web page as your home page (The starting point when a browser first connects to the Internet), first go to the Web page that you'd like to use. Internet Explorer users, click Tools in the Menu bar followed by Internet Options. Click the Use Current button in the Home Page section. Netscape users, click Edit, then Preferences, then Navigator. You'll see a Home Page section in the middle of the dialog box. Click the Use Current Page button to set your home page.

### ICO Phone Tip

How to automatically call the sender after

## **listening to a message**

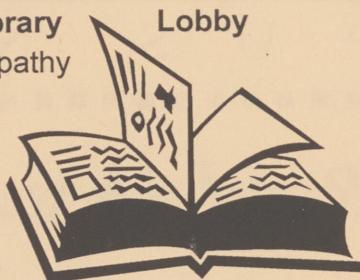
After listening to the message, pres 9 to call the sender

## ***Spotlight on the Library***

By Sarah Morris and Kathryn Johnston

### **New Poster in the Library**

"Autoimmune Retinopathy Secondary to Multiple Sclerosis" by Drs. Mary Flynn Roberts, Joseph Benevento and Seene Hariprasad is available for viewing in the library lobby.



### **Book Sale**

The Library will have a book sale beginning Tuesday, April 10, 2007. \$1.00 per book! Come enjoy the bargains!

### **Using Google Scholar**

Do you frequently use Google Scholar (<http://scholar.google.com/>) to find information? When you let Google Scholar know that you're associated with ICO, you will be able to see links to fulltext sources that the Library provides.

Go to <http://scholar.google.com/> and before you enter your search terms, click on "Scholar Preferences" to the left of the search box. Under "Library Links" on the left side of the next screen, enter "Illinois College of Optometry" and click "Find Library." Then select the check boxes for both ICO results: Illinois College of Optometry (ICO Fulltext) and Illinois College of Optometry (Full Text@IngentaConnect). The last step is to scroll all the way to the bottom of the screen and select "Save Preferences." You will return to the Google Scholar homepage to commence your search.

A link for "ICO Fulltext" will appear in the search results next to any resource that is available to you as a student/staff/faculty member at ICO. Google Scholar's web

crawlers constantly update changes in the Library's collection, so you can be sure you're getting the latest information.

You can change these settings at off campus computers and still see what ICO has. IP-restricted resources will still be unavailable if you are off campus, but passwords will appear as needed and free resources will also be available, so it would still be worthwhile for many users. On campus users will have full access to all Library resources

Please remember, however, that Google Scholar doesn't have everything. To make sure you haven't missed vital information, search VisionCite and PubMed to find research that hides from Google's web crawlers. You can reach these databases from the Library's homepage: <http://icolibrary/library.htm>.

If you have any trouble accessing the library's holdings in Google Scholar or need any help with searching, please let us know!

### **The Oxford English Dictionary is now online!**

The Library now has access to the Oxford English Dictionary (OED) online for on campus users. Simply visit the Library's homepage and select More Fulltext Sources. You'll see the OED listed under E-Books. Enjoy!

### **New Books**

Congratulations to Dr. Valerie Kattouf on the publication of the book that she co-authored with Roger Filips. The Library has purchased a copy:

*Clinical Pearls for Optometry: Informed Decision-Making in the Busy Clinic,*  
RE951.F5 2006

We also think that you will find the new optometry encyclopedia, *Optometry A-Z* useful for quick answers. It will be shelved at the Reserve desk under: Ref. RE21.O67 2007.

The Library buys basic books in other areas of health and medicine besides optometry—check out these new books:

*Random House Webster's American Sign Language Medical Dictionary*  
HV2475 .C663 2000

*AMA Manual of Style: a Guide for Authors and Editors*  
R119.A5 2007

*Bailey & Scott's Diagnostic Microbiology,*  
QR67.B33 2007

*Langman's Medical Embryology*, QM601.L35  
2006

*Netter's Orthopaedics*, RD731.N387 2006

*Greenspan's Basic & Clinical Endocrinology*,  
RC648 .G7 2007

*Designing Clinical Research*, R853.C55D47  
2007

*Lookingbill and Marks' Principles of Dermatology*, RL71.L64 2006

*How Doctors Think*, by Jerome Groopman,  
R723.5.G75 2007

We hope you enjoyed your spring break and we look forward to seeing you in the Library!

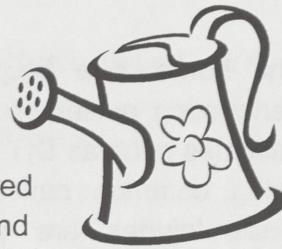
## Did You Know

*Dr. Colip*

### Diabetic Retinopathy and Intraoperative Cataract Surgery Complications

This study evaluated the rates of intraoperative and early post-operative complications (IEPC) and the duration of phacoemulsification (DOP) in eyes with and without diabetic retinopathy and the effect of oral and topical non-steroidal anti-inflammatory agents (NSAIDs) on surgically induced miosis (SIM). Phacoemulsification was applied to 50 eyes with proliferative diabetic retinopathy (PDR), 50 eyes with non-proliferative diabetic retinopathy (NPDR) and 50 eyes with no other ocular findings. NSAIDs were used peri-operatively. The parameters evaluated were IEPC, DOP and the effect of NSAIDs on SIM.

The rates of IEPC and the DOP were significantly higher in the PDR group compared with the NPDR and control groups. Diabetes mellitus (DM) type had no significant effect on these parameters. The rate of SIM was higher in the eyes with PDR compared with the eyes with NPDR and the controls despite use of NSAIDs.



These results indicate that eyes with PDR are significantly more prone to IEPC, while the type of DM is not a predictive factor. DOP is longer in the eyes with PDR. In spite of NSAID use, SIM is more commonly observed in eyes with PDR.

SOURCE: Akinci A, Batman C, Zilelioglu O. Does diabetic retinopathy increase the incidence of intraoperative complications of phacoemulsification surgery? *Int Ophthalmol* 2007; Feb 23 [Epub ahead of print].

### Penetrating Ocular Injuries in the Home

This study examined the prevalence and etiology of penetrating ocular injuries, in particular, those sustained while undertaking do-it-yourself (DIY) projects or gardening in the domestic environment. This study also examined the extent of eye safety promotion in DIY stores and garden centers and on their websites. A case note review of patients who underwent surgery for penetrating ocular trauma between January 2000 and June 2004 was conducted. Eight DIY stores and garden centers and 10 websites were visited and evaluated using standardized questions.

Of the eight-five patients identified, 35 (41.2 percent) patients had injuries that occurred in the home with 10 patients having visual acuities of less than 20/200 at final follow-up. Accidents from DIY or gardening were the cause in 17 of 33 patients (51.5 percent), with a failure to wear eye protection in all cases. Overall, DIY stores and garden centers were poor at promoting eye safety, both in their stores and on their websites.

The home is a frequent place for severe penetrating ocular injury, with highly popular pastimes such as DIY projects and gardening being common causes. Because many of these injuries are preventable, additional safety information is essential to educate the public about the potential dangers of these pastimes.

SOURCE: Bhogal G, Tomlins PJ, Murray PI. Penetrating ocular injuries in the home. *J Public Health (Oxf)* 2007;29(1):72-4.

#### Cigarette Smoking and Age-Related Macular Degeneration

A total of 4,750 randomly sampled participants aged 65 and older from seven study centers across Europe (Norway, Estonia, United Kingdom, France, Italy, Greece and Spain) underwent an eye examination and digital retinal photography. Smoking history was ascertained by a structured questionnaire administered by trained fieldworkers. Multinomial and binary logistic regressions were used to examine the association between smoking history and age-related maculopathy (ARM) grade and type of age-related macular degeneration (AMD), taking account of potential confounders and the multicenter study design. Photographic images were graded at a single center according to the International Classification System for ARM. AMD was also classified as neovascular or geographic atrophy (GA).

A total of 158 cases were categorized as AMD (109 neovascular AMD and 49 GA); 2,260 had no signs of ARM. Current smokers had increased odds of neovascular AMD or GA, whereas the odds were lower for ex-smokers. Compared with people with those who had unilateral AMD, those with bilateral AMD were more likely to have a history of heavy smoking in the previous 25 years. The attributable fraction for AMD due to smoking was 27 percent.

These findings highlight the need for

increasing public awareness of the risks associated with smoking and the benefit of quitting smoking. Patients with unilateral disease who are current smokers should be advised of the risk to the second eye.

SOURCE: Chakravarthy U, Augood C, Bentham GC, et al. Cigarette smoking and age-related macular degeneration in the EUREYE Study. *Ophthalmol* 2007; Mar 3 [Epub ahead of print].

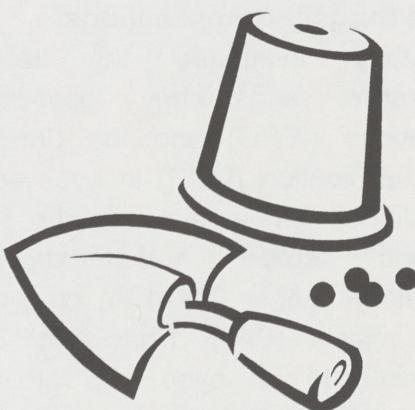
#### Coding Compliance Corner

Letitia Patterson, MPA, CPC, CCS-P

##### Coinsurance Write-offs

**Q:** As providers, are we able to write-off the Medicare coinsurance amount when a patient does not have a secondary plan and cannot afford the coinsurance?

**A:** Providers, practitioners, or suppliers may not routinely waive Medicare co-insurance or deductibles. One important exception against waiving co-insurance is that the provider may forgive the co-insurance if the patient is experiencing financial hardship. Any exception must address the special needs of a particular patient.



## Dean's List

The following full-time students achieved superior academic performance during the Winter, 2006 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Abraham, Manoj	Y4
Allen, Megan S.	Y4
Ambeault, Megan L.	Y4
Ames, Ryan P.	Y4
Anand, Pooja	Y3
Anand, Radha	Y3
Antymis, David P.	Y1
Bakota, Jill M.	Y1
Bartels, Amber E.	Y3
Bartz, Casey C.	Y2
Barush, Kathryn	Y3
Bastermajian, Paul H.	Y3
Beatty, Rachael M.	Y2
Begotka, Brandon A.	Y2
Beloungy, Ryan E.	Y4
Bertacchi, Zeana B.	Y2
Bertelsen, Kristin L.	Y1
Beyer, Timothy M.	Y4
Beyersdorf, Kavit L.	Y2
Blow, Ronald K.	Y1
Borgman, Christopher J.	Y1
Breuer, Joni R.	Y1
Bruce, Julie D.	Y4
Buckley, Erik T.	Y4
Budahn, Michael S.	Y3
Bush, Eileen M.	Y3
Camen, Jesse Ann	Y3
Carter, Anthony B.	Y4
Cate, Leah B.	Y2
Chan, Vick	Y1
Chang, Joanne J.	Y4
Charoenchote, Wanwalee	Y4
Chaudhery, Shmyla	Y4
Chhuon, Kantha T.	Y4
Choi, Jamie H.	Y3
Christensen, Krystal A.	Y2
Cohen, Stephanie L.	Y2
Collison, Frederick T.	Y1
Copilevitz, Lori A	Y1
Corl, Timothy R.	Y4
Daugherty, Kelly M.	Y4
DeLoss, Karen S.	Y3
Della Vedova, Nathaniel	Y4
Dewan, Anika	Y3
Dhaliwal, Samandeep S.	Y4
Dhalla, Ruhee	Y1
Dodgen, Anne E.	Y2
Dokken, Seth A.	Y3
Domino, Lisa	Y3
Doyle, Nicholas R.	Y3
Drey, Eric M.	Y2
Duong, Le M.	Y2
Durst, Jennifer M.	Y1
Eck, Jonathan A.	Y2
Eng, Anne M.	Y1
Engesser, Brian D.	Y3
Erdman, Nathaniel M.	Y3
Eschmann, Alan P.	Y4
Fahmy, Mona M.	Y4
Fan, Carol W.	Y2
Finley, Maureen K	Y4
Firby, Ashley	Y3
Fischer, Londa L.	Y4
Fitch, Phillip N.	Y1
Fix, Kalene	Y3
Fleming, Patrick J.	Y3
Flynn, William J.	Y2
Gandhi, Vandana K.	Y3
Gasca, Lan-Anh	Y4
Gill, Mandip S.	Y4
Gill, Sukhvinder K.	Y3
Glose, Jennifer M.	Y1
Go, Lenna	Y1
Goss, Kimberley D.	Y3
Graff, Genine M.	Y3
Groshek, Delia A.	Y1
Grove, Julianne	Y4
Gula, Jennifer M.	Y3
Habib, Roger	Y3
Hager, Donald M.	Y4
Hajali, Manal	Y4
Halikias, Tanya	Y4
Han, Anita M.	Y3
Han, Hannah	Y1
Hanlon, Edward P.	Y4
Hansson, Anders S.	Y4
Harberts, Brent S.	Y3
Harmych, Melissa C.	Y4
Harvey, Andrew M.	Y4
Harvey, Mariah I.	Y3
Havens, Erin E.	Y4
Hebda, Jonathan E.	Y2
Heineman, Brooke J.	Y3
Henney, Sara J.	Y1
Henriksen, Nicole A.	Y1

Herman, Tate M.	Y4	Morfoot, Charlene L.	Y4
Hertzberg, Katherine H.	Y4	Morfoot, Joseph B.	Y4
Hileman, William S.	Y4	Mosley, Megan V.	Y2
Hobbs, Amanda M.	Y4	Mus, Danny	Y3
Howell, Marvin A.	Y3	Myers, Troy D.	Y4
Huh, Ileen S.	Y1	Needham, Andrea M.	Y3
Hur, Chee	Y1	Ngo, Kim	Y4
Hutchins, Rachel A.	Y3	Nguyen, Duong D.	Y3
Ittner, Erica A.	Y2	Nguyen, Phuong N.	Y4
Jison, Louis Raymond A.	Y3	O'Brien, Patrick J.	Y2
Johnson, Jalyn K.	Y1	Oliver, Kelly D.	Y1
Jones, Jordan P.	Y3	Oltz, Melissa C.	Y4
Jones, Kevin R.	Y3	Ottaviano, Adam J.	Y1
Jones, Matthew R.	Y3	Owusu, Nana Y.	Y3
Kathiravelu, Saravanesh	Y4	Paik, Andrew M.	Y3
Kaur, Bimal	Y4	Palermo, Laura D.	Y4
Kechker, Tanya	Y4	Panovic, Angelina M.	Y4
Kelley, Douglas E.	Y4	Park, Jenny Joo-Won	Y2
Kelly, Aaron R.	Y4	Patel, Komal M	Y1
Kieffer, Mindi	Y3	Patel, Shreya N.	Y3
Kim, Yoomi	Y3	Patel, Sonal R.	Y4
Kluss, Marlene M.	Y2	Paul, Breanne M.	Y4
Knapp, Lanae B.	Y2	Peotter, Callie M.	Y2
Kolodziejczyk, Jennifer	Y3	Perin, Emily J.	Y1
Kopp, Karen M.	Y1	Perry, Ellen S.	Y2
Kosir, Michael F.	Y2	Perry, William	Y3
Kremer, Kara S.	Y3	Petraitis, Meagan J.	Y3
Krohn, Courtney A.	Y1	Pham, Tu-uyen D.	Y4
LaPlaca, Theresa M.	Y4	Phan, Nga N.	Y4
Langle, Karina V.	Y4	Phipps, Renee G.	Y3
Larson, Tamra L.	Y4	Prettyman, Jessica L.	Y3
Le, Kim-Nhat N.	Y4	Pruitt, Joseph A.	Y4
Le, Tanya N.	Y3	Rana, Chirag H.	Y4
Lee, Christine J.	Y1	Rickels, Michael D.	Y1
Lehman, Megan E.	Y4	Robinson, Gillian M.	Y4
Leung, Michael	Y2	Safratowich, Susan	Y2
Lezondra, Beverly J.	Y4	Scheurer, Ashley M	Y1
Lindemulder, Janna F.	Y4	Schiefer, Steven P.	Y3
Lingk, Johanna K.	Y3	Seagraves, Sandra K.	Y1
Lloyd, Crystal G.	Y3	Sees, Theodore F.	Y4
Lu, Christina	Y4	Seiler, Allyson M.	Y2
Lushko, Shauna B.	Y4	Sera, Nina J.	Y3
Ly, Jasmine H. D.	Y4	Shen, Hung-Ju K.	Y1
Lynch, Todd A.	Y4	Shoudis, Jennifer L.	Y3
MacDonald, Laura S.	Y2	Sirithavee, Tanapol	Y4
Maguire, Amanda B.	Y1	Skluzacek, Kristin M.	Y4
Manternach, Jeffrey T.	Y4	Slusky, Joanna E.	Y1
Markowitz, Michelle	Y3	Smith, Kimberly D.	Y3
Mezbur, Dzejna	Y4	Smith, Shannon J.	Y3
Micah, Kweku M.	Y4	Snyder, Beth A.	Y4
Millef, Lucia E.	Y1	Sokol, Tessa L.	Y4
Mok, Miranda J.	Y2	Sommer, Jennifer L.	Y3
Montcalm, Laurie I.	Y3	Stephens, Andrea M.	Y3

Stola, Katherine A.	Y1
Strombeck, Tracey J.	Y3
Stuckel, Cassandra H	Y1
Sweeney, Sean T.	Y4
Syed, Sofia N.	Y3
Tancabel, Katie N.	Y3
Tedder, Taylor D.	Y4
Tetting, Ryan P.	Y3
Thobani, Azzrah	Y2
Thompson, Michaela J.	Y3
To, Charlene	Y3
Todd, Ann E.	Y1
Tomlin, Samantha P.	Y3
Tran, Grace	Y3
Tran, Marianne Yen Thi	Y4
Troyer, Neal D.	Y4
Tseng, Eric	Y3
Tseng, Tommy	Y2
Ung, Susan A.	Y1
Ursetta, Carla A.	Y3
Van Vark, Michelle D.	Y3
VanDeWyngaerde, Tara N.	Y4
VanDyke, Angela M.	Y3
Vandendool, Andrea J.	Y3
Veire, Evan J.	Y3
Vergin, Jacob B.	Y4
Vien, Lee Q.	Y3
Vong, Stephany M.	Y4
Warren, Elizabeth A.	Y3
Wei, Jolyn	Y3
Weigel, Justin E.	Y4
Werner, Rex A.	Y3
Williams, Stacy A.	Y2
Wittrock, Andrea J.	Y2
Wong, Vanessa	Y3
Woo, Andrea C.	Y3
Wright, Elizabeth B.	Y3
Yu, Michael S.	Y1
Zabel, Anthony C.	Y4
Zaker, Joseph F.	Y4
Zickel, Michelle L.	Y1
Zuber, Todd K.	Y4

## C L A S S I F I E D S

No Classifieds at this time

## R E S I D E N C I E S

Residency information is available in the residency information file in the Student Affairs office:



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# S C H O L A R S H I P S

Scholarship	Who's Eligible	Amount	Deadline
Walman Optical Company Scholarship Program	<ul style="list-style-type: none"> <li>• 2<sup>nd</sup> and 3<sup>rd</sup> years</li> <li>• Application</li> </ul>	\$300 - \$3,000	Postmarked by April 10, 2007
Optometric Society of Greater Kansas City, Inc	<ul style="list-style-type: none"> <li>• From Greater Kansas City</li> <li>• GPA</li> <li>• 2,3, 4 Yrs</li> </ul>	\$500	April 15, 2007
SD affiliate AFVA Dr. Monty Friedow Memorial Scholarship	<ul style="list-style-type: none"> <li>• SD resident of SD</li> <li>• 3<sup>rd</sup> or 4<sup>th</sup> year</li> <li>• Upper half of class</li> </ul>	\$1000	Before April 25th
<b>AOA Allergan Student Award</b>	<ul style="list-style-type: none"> <li>• Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eyes:</li> <li>• Current CLCS Member</li> <li>• Present at AOA CLCS annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
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<b>The 2007 Dr. Seymour Galina Grant AOA-</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year in AOSA and AOA</li> <li>• Good Academic Standing</li> <li>• Paper under 1,500 words</li> </ul>	\$2,500	<b>Submit to Student Affairs by May 1<sup>st</sup>, 2007</b>
<b>MFVA Michigan Foundation for Vision Awareness</b>	<ul style="list-style-type: none"> <li>• Resident of MI</li> <li>• 3<sup>rd</sup> Yr</li> <li>• B average</li> <li>• Need financial assistance</li> <li>• Plan to practice in MI</li> </ul>	\$1,000 or more	<b>May 1, 2007 to Mary Bellows</b>
<b>Maine Optometric Association Hilda L. Rand Scholarship</b>	<ul style="list-style-type: none"> <li>• From Maine</li> <li>• Financial need</li> <li>• Scholastic achievement and character</li> </ul>	(2) \$1,000	<b>May 18<sup>th</sup>, to Mary Brooks</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>• Canadian or American Citizenship</li> <li>• GPA of 2.7</li> </ul>	Up to \$3,000	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>• Citizen of U.S.</li> <li>• One parent of Polish heritage</li> <li>• Chicago area resident</li> <li>• Good grades</li> <li>• Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>
<b>The Connecticut Association of Optometrists Scholarship Committee</b>	<ul style="list-style-type: none"> <li>• Connecticut Residents</li> </ul>		<b>July 30<sup>th</sup>, 2007</b>
<b>Wisconsin Optometric Association</b>	<ul style="list-style-type: none"> <li>• From Wisconsin</li> <li>• 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> Years</li> <li>• Transcript</li> <li>• Member of AOSA</li> <li>• Three letters of recommendation</li> </ul>		<b>August 17, 2007 to Wisconsin Foundation for Vision Awarness</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### Massage Therapy New Day and Time

Massage is now available on Mondays from 9 am until 1 pm. Regina Gray, a certified massage therapist, provides massage at ICO. Regina's extensive training qualifies her to work on you for problems ranging from simple stress

reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Regina is on-campus every other Monday. Please call Shelby at x7460 for further information, to schedule an appointment,

or to purchase a gift certificate. All appointments need to be made by noon on Thursday.

Regina will be on-campus Monday, April 16.

## National Stress Awareness

April is National Stress Awareness month. Whether your stress is coming from all-nighters before exams or looming tax forms, please take some time this month to "de-stress". In the December 2005 edition of Health, personal trainer and author Darryl Aiken-Afam described a 10 minute stress relieving routine based on a form of Japanese yoga called Meridian Touch.

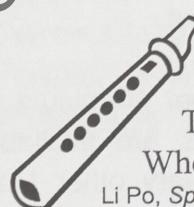
### Warm-Up Stretch

A. Stand with your feet slightly more than shoulder-width apart and your palms touching the backs of your thighs. Take a deep breath in through your nose. Exhale through your mouth, fall forward, and curl your upper body toward your legs. Pause for a moment, then return to starting position.

B. Take a deep breath. Exhale, lean back, and allow your stomach to move gently forward, as if someone were pulling on a string attached to the middle of it. If this feels comfortable, let your head drop back. Pause for a moment, then return to standing to complete 1 rep. Repeat 3–5 times.

### Earth-Meridian Stretch

Sit with your legs straight out in front of



From some home a jade flute sends dark notes drifting,  
Scattering on the spring wind that fills Lo-yang.

Tonight, if we should hear the willow-breaking song,  
Who could help but long for the gardens of home?  
Li Po, Spring Night, 760

you and hands on the floor slightly behind you. Take a deep breath and raise yourself on your hands, straightening your body and looking up. Stay there as long as you're comfortable. Slowly return to the floor, relax, and repeat 2–3 times.

### Water-Meridian Stretch

Sitting with your legs straight out in front of you, breathe deeply. As you exhale, fall forward and reach toward your toes. When you feel a slight stretch in your legs and back, let your head, shoulders, and arms drop. Stay there until you're ready to return to starting position. Repeat 2–3 times.

Trainer tip: Don't worry if you can't reach your toes or lower your head to your knees. Releasing tension is the only goal.

### Fire-Meridian Stretch

A. Sit on the floor cross-legged, your right foot on top of your left knee. Wrap your arms around your chest and shoulders, your right arm on top of your left.

B. Take a deep breath. Exhale, and bow forward as far as you can, keeping your back relaxed. Your hands can stay on your shoulders or fall to your knees or the floor. Continue breathing deeply and stay until you're ready to return to starting position. Cross your legs the opposite way (your left foot on your right knee and your left arm on top of your right arm), and repeat 2–3 times.

\*To learn more about Meridian Touch check out Aiken-Afem's book Meridian Touch: The Art of Letting Go or check out the website [www.meridiantouch.com](http://www.meridiantouch.com).



# Focal Point

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C A M P U S N E W S

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## Commencement News

### Commencement Speaker

Janice E. Scharre, O.D., M.A., Professor of Optometry, Dean/Vice President for Academic Affairs at Illinois College of Optometry is a 1976 graduate of ICO and has been the Dean of ICO for the past ten years. She has lectured extensively, conducted research on infant vision development, assessment techniques for infants and preschoolers and the visual assessment of children with special needs, and participated in many national optometric organizations. She will step down as Dean in June, 2007.

### Commencement Activities

Mark your calendars for May 16<sup>th</sup>. We are planning our annual event called the Commencement Capstone Program that we encourage all degree candidates to attend. The day will start with commencement rehearsal, leaving by trolley from ICO, at 12:20 p.m. Following rehearsal there will be a dinner, awards presentations, time to visit with corporate sponsors concluding with cap and gown pick-up. All degree candidates are encouraged to attend the day's events.

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 19<sup>th</sup>. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2007 will be

held at Ida Noyes Hall immediately following the ceremony. The building is located directly east of the Chapel.

### ICO Blood Drive

The American Red Cross will be in the ICO gym on Tuesday May 1, from 10am-3pm. Sign up sheets will be passed around class and as always, walk-ins are welcome.

Laura MacDonald

### Did You Know

Dr. Colip

### MRSA Infections Found for the First time in Eyes of POSTOP Refractive Surgery Patients

Methicillin-resistant *Staphylococcus aureus* (MRSA) infection, which has occurred in many healthcare settings, has been discovered for the first time in 13 eyes of 12 patients following refractive surgery. The cases also represent the first reports of MRSA keratitis after refractive surgery in patients with no known exposure to a healthcare facility, the first report of MRSA keratitis after a laser in situ keratomileusis (LASIK) enhancement and the first reports of MRSA keratitis after prophylaxis with fourth-generation fluoroquinolones. Colonization of MRSA has been found in 1.5 percent of the general population, but as many as 9.4 percent of those were exposed to a

healthcare facility. However, strains of MRSA are now emerging in the general community, and unlike the hospital strains, which usually demonstrate multiple drug resistance, these strains tend to be resistant only to beta-lactam antibiotics. (Of the 12 patients in the study, nine were either healthcare workers or were exposed to a hospital surgical setting.) The study, published in the April issue of the American Journal of Ophthalmology, emphasizes that MRSA infectious keratitis is a potentially serious complication and that surgeons should now be vigilant for cases of community-acquired MRSA keratitis. Patients should be advised of the risk factors and warning signs and told to seek immediate medical attention if they develop signs or symptoms of infectious keratitis.

## Tech Tips

Ahmed Mohammad

### Disable AutoComplete fields in Internet Explorer

Unless you turn off AutoComplete, IE uses it to store the data you type into Web forms and login fields. To control this behavior, Click on Tools, select Internet Option on the Content tab under Personal Information, click AutoComplete, and in the AutoComplete Settings dialog box, check and uncheck the appropriate boxes under Use AutoComplete For and click OK. You can also use the AutoComplete Settings dialog box to clear data IE currently stores for completing forms and passwords by clicking either Clear Forms or Clear Passwords.

Tips from Smart Computing. [www.smartcomputing.com](http://www.smartcomputing.com) Daily Tip Archive

### Launch hyperlinks faster during a presentation (PowerPoint 97/2000/2002/v.X/2003)

When you click on a hyperlink during a presentation, sometimes you feel like the file's host program takes forever to launch. You should prepare for this wait and have material to stall with so that there's no awkward silence. But there's also another remedy to

the situation. Prior to the start of the slideshow, open the host application of the file that you have hyperlinked on one of your slides, such as QuickTime. Then, when it's time to launch the file or movie, the lag time is greatly reduced and your presentation appears more seamless.

## Lockers

### Attention Graduates and Third Year

### Students Leaving for Summer Externship

Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

## Spotlight on the Library

By Sarah Morris and Kathryn Johnston

### Library Hours for Exam Week

Friday, May 4 8:00 am- midnight

Saturday, May 5 8:00 am- midnight

Sunday, May 6 10:00 am-midnight

Monday, May 7 7:00 am- midnight

Tuesday, May 8 7:00 am- midnight

Wednesday, May 9 8:00 am- midnight

Thursday, May 10 7:00 am- midnight

Friday, May 11 7:00 am- midnight

Saturday, May 12 8:00 am- 5 pm

Sunday, May 13 Closed



### First and Fourth Year Students

All Library books checked out by first and graduating fourth year students will be due on May 13. All fourth year students must return their library materials in order to graduate. After commencement, graduates will have their library status changed to "alumni" and will again have full library privileges to check out items, except for equipment.

First year students may check out and keep library materials over the summer upon request. Please ask a fulltime library staff

member if you need to check out or renew items for later than May 13.

### New Poster in the Library Lobby

"Benefits of Incorporating Optos® for Targeted Ophthalmoscopy into Special Olympic Lions Clubs International Opening Eyes Vision Programs" by Dr. Sandra Block and student Alison Harapiak is available for viewing in the library lobby.

### Using the WorldCat button

You may have noticed a new button on the Library's homepage, labeled "Search for an item in libraries near you" with a button that says "WorldCat." What is this button for, you ask? Read on to find out.

WorldCat is a database of books and journals held in libraries all over the world. When you're looking for something the library has, like a journal article or a vision-related book, you want to search the Library's Online Catalog (the link at the top of the Library's homepage). However, if you're looking for something you think we don't have, say a new novel or bestseller, drop any information (title or author) into that search box and click the WorldCat button. The new window that opens will show a list of results that you can search through to find the best match. When you select a title that fits your needs and you'd like the library to request a copy for you, look near the top of the page (underneath the information about the book but above information about libraries that have it) for the "Request Item" link. Select this and enter in your name and contact information and the library will place a request for the book. You will be notified when it arrives, usually within about 2 weeks.

If you have any trouble finding materials you want or need any help with searching, please let us know!

## Responding to Stress

Beth Karmis

This time of the year – completing the

academic year, having practical exams, getting ready for clinic, moving to your first externship – can be very stressful. Events in the world outside ICO are also in all of our thoughts. Each of us respond to and handle stress in different ways. If you or someone you know is struggling here are a few suggestions:

- Keep busy. Research indicates keeping focused on day to day required tasks or routines helps mitigate the effects of stress.
- Seek out people who care for and support you. Share your reactions, thoughts and how the experiences are impacting you.
- Know that the reactions to stress and trauma are normal responses to an abnormal experience. They occur in varying degrees of severity and type for each person.
- Limit the amount of time that you watch TV and media coverage of traumatic events (recent shootings at Virginia Tech, war in Iraq) and make a conscious effort to gear your social conversations away from the stressful events.
- Baby yourself – eat well, get your sleep, and do nurturing things. It's really not "babying" as much as it is fueling and taking care of you.
- Express your feelings with your art! Drawings, poetry etc. are all healthy ways to manage the feelings related to trauma.
- Consider writing a journal of your experience or feelings.
- Seek to gain perspective on the experience. This is often helped by participation in counseling. Other aids may include meditation, reading, spiritual reflection or involvement in support groups.
- Make an effort to support someone else. Helping others often is the healthiest way to manage our own feelings of powerlessness.

If you need to talk to someone, please give a

call. Sometimes an especially stressful event or a tragedy can cause a person to think back to an earlier stressful or traumatic experience. There may be issues from the "old" trauma that become more present to you or rekindled.

Stress can induce some of the symptoms below, this is normal!

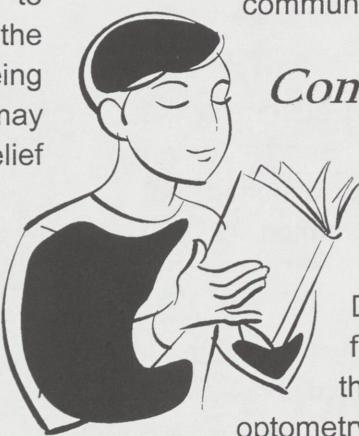
- **Shock:** often the initial reaction to stressful/traumatic events. Shock is the person's emotional protection from being too overwhelmed by the event. You may feel stunned, numb, or in disbelief concerning the event.
- **Suffering:** this is the long period of grief during which the person gradually comes to terms with the reality of the event/loss/stressful event. Feelings that life is overwhelming, chaotic and disorganized are common.
- **Sadness:** The most common feeling found following traumatic or stressful events. It may become quite intense and be experienced as emptiness or despair.
- **Anger:** Can be one of the most confusing feelings for the grieving person. Anger is a response to feeling powerless, frustrated, or even abandoned.
- **Anxiety:** Can range from mild insecurity to strong panic attacks. Often grievers become anxious about their ability to take care of themselves, or fear a traumatic/stressful event will happen to them or a loved one.

#### It's good to talk about it.

If you are an ICO student please call the Office of Counseling & Academic Enrichment 312-949-7415 to make an appointment. If you are an ICO/IEI employee, the College's Employee Assistance Program – Lifeworks is a great resource. They can be reached on line at LifeWorks.com (user ID "Illinois", password "5073") or call 1/877-234-5151. En español, llame al 888-732-9020.

## Cell Phones

Your old cell phone. Your cell phone could be a lifesaver for a senior citizen. The Chicago Police Department is teaming up with Cook County Sheriff Thomas J. Dart to collect used cell phones that will be given to 21<sup>st</sup> District seniors as 911 emergency cell phones. Illinois College of Optometry has a collection box in the President's Circle Lounge to help with this community effort.



## Computer Programs Improve Reading

Dr. Maino

The latest edition of Optometry & Vision Development (Volume 38 #1) featured three research articles that will have a major affect on

optometry and the care of children with reading or academic problems. In the first article, "*The Effect of HTS Vision Therapy Conducted in a School Setting on Reading Skills in Third and Fourth Grade Students*", Indiana University Professor, Dr. David Goss (and colleagues) demonstrated that if a patient completes the HTS (Home Therapy System) computer program significant improvements in reading can be achieved. In another article, Don Helms, OD and Sara Sawtelle, PhD showed substantial reading improvements for their subjects by using therapy delivered in a video game format ("*A Study of the Effectiveness of Cognitive Skill Therapy Delivered in a Video-Game Format*"). Helms and Sawtelle found that by using a program called BrainWare Safari the study group demonstrated an average of 4 years 3 months improvement on tests of cognitive skills (control group showed a 4 month improvement) and 1 year 11 month advancement on tests of achievement compared to 1 month improvement for the control group. And finally, Teri Lawton, PhD, in her paper, "*Training Direction-Discrimination Sensitivity Remediates a Wide Spectrum of Reading Skills*", found impressive improvements in reading for 2nd and 3rd

graders upon completion of her MovingToRead computer program.

The HTS and BrainWare Safari computer programs are frequently used in IEI's Pediatric/Binocular Vision Service.

*Copies of the articles in Optometry & Vision Development are available from the OVD editor (Dr. Dominick Maino dmaino@ico.edu) upon request.*

## *Student Organizations*

Please submit your newly elected officers with their box number, phone numbers and email addresses to Kathy Brownfield in the Student Affairs Office.

## CLASSIFIEDS

### **Full-time Work Study for Summer**

The Library has one open position for a first-year to work full time (35 hrs/week) during summer quarter. If you're interested, contact librarian Sarah Morris at smorris@ico.edu or 312-949-7151. A decision will be made by May 1st.

## RESIDENCIES

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# S C H O L A R S H I P S

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<b>AOA Allergan Student Award</b>	<ul style="list-style-type: none"> <li>Paper on "Contemporary Challenges in the Diagnosis of Management of Dry Eyes:</li> <li>Current CLCS Member</li> <li>Present at AOA CLCS annual meeting</li> </ul>	<b>\$2,000</b> And round-trip coach fare and 2 nights stay at Optometry Meeting™, meal reimbursement and plaque	<b>April 30, 2007</b> Emailed to <a href="mailto:LJRickard@aoa.org">LJRickard@aoa.org</a> Copy to AOA Contact Lens and Cornea Section Attn: Lila Rickard 243 North Lindbergh Blvd. Floor 1 St. Louis, MO 63141
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<b>MFVA Michigan Foundation for Vision Awareness</b>	Resident of MI 3 <sup>rd</sup> Yr <ul style="list-style-type: none"> <li>B average</li> <li>Need financial assistance</li> <li>Plan to practice in MI</li> </ul>	\$1,000 or more	May 1, 2007 to Mary Bellows

<b>Maine Optometric Association Hilda L. Rand Scholarship</b>	<ul style="list-style-type: none"> <li>From Maine</li> <li>Financial need</li> <li>Scholastic achievement and character</li> </ul>	(2) \$1,000	<b>May 18<sup>th</sup>, to Mary Brooks</b>
<b>The John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>Canadian or American Citizenship</li> <li>GPA of 2.7</li> </ul>	Up to \$3,000	<b>Filing date for mailing is June 1, 2007</b> Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
<b>Polish Women's Civic Club, Inc.</b>	<ul style="list-style-type: none"> <li>Citizen of U.S.</li> <li>One parent of Polish heritage</li> <li>Chicago area resident</li> <li>Good grades</li> <li>Financial need</li> </ul>		<b>July 1, 2007 to Eunice Warda</b>
<b>The Connecticut Association of Optometrists Scholarship Committee</b>	<ul style="list-style-type: none"> <li>Connecticut Residents</li> </ul>		<b>July 30<sup>th</sup>, 2007</b>
<b>Wisconsin Optometric Association</b>	<ul style="list-style-type: none"> <li>From Wisconsin</li> <li>2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> Years</li> <li>Transcript</li> <li>Member of AOSA</li> <li>Three letters of recommendation</li> </ul>		<b>August 17, 2007 to Wisconsin Foundation for Vision Awareness</b>

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### JPMorgan Chase Corporate Challenge

The Illinois College of Optometry would like to invite all its employees, students, family and friends to participate in the 2007 JPMorgan Chase Corporate Challenge® 3.5 mile run/walk. The event will take place on Thursday, May 24, 2007 at 7:10 pm in Grant Park. All participants will receive a FREE ICO team shirt, and we have rented a tent again this year with food and beverages!

The Corporate Challenge offers a fun, relaxed and sociable way of providing employee fitness and wellness, while also promoting goodwill and camaraderie

among employees. The unique 3.5-mile distance is long enough to challenge experienced runners, while still welcoming to less-experienced runners and walkers.

This year promises to draw an impressive crowd, particularly since JPMorgan Chase is teaming with the NFC champion Chicago Bears. The Bears Care charity will be the event's beneficiary, receiving a donation from JPMorgan Chase for each entry. Visit [www.jpmorganchasecc.com](http://www.jpmorganchasecc.com) for more information on this year's beneficiary.

In 2006, Chicago's Corporate Challenge continued its growth trend of recent years by attracting a record crowd of 19,031 entrants from 519 companies. It was a 23-

percent increase from 2005, and reflected more than just the good times run in the race. Chicago employees have come to embrace the Corporate Challenge as a kick-off to the Memorial Day weekend and an unofficial start of summer.

Please contact Shelby Lalich X7460 with any questions regarding the event.

Those interested in participating need to visit [www.jpmorganchasecc.com](http://www.jpmorganchasecc.com), click on the Chicago link, and then register under Illinois College of Optometry by Tuesday, May 1. Submissions received after this date will not receive an ICO t-shirt.

#### **FREE Personal Training**

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

YOUR TRAINERS ARE ...	
Kevin Harris	Box 542

Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

#### **FREE Fitness Services**

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

#### ***Eye on Wellness***

##### **New Tools for Consumers**

Make Your Calories Count, a Web-based learning program, and a new Nutrition Facts Label brochure are two new learning tools available to help consumers use the Nutrition Facts label to choose nutritious foods and achieve healthy weight management. Visit [www.cfsan.fda.gov/~labelman](http://www.cfsan.fda.gov/~labelman) and <http://www.cfsan.fda.gov/~dms/labgen.html> to view these programs. These new learning tools are part of a commitment by the Department of Health and Human Service cans the FDA to help reduce the number of overweight people and obesity in America.

*This information is provided by Nutrition Today.*



ILLINOIS COLLEGE OF OPTOMETRY

SPRING 2007

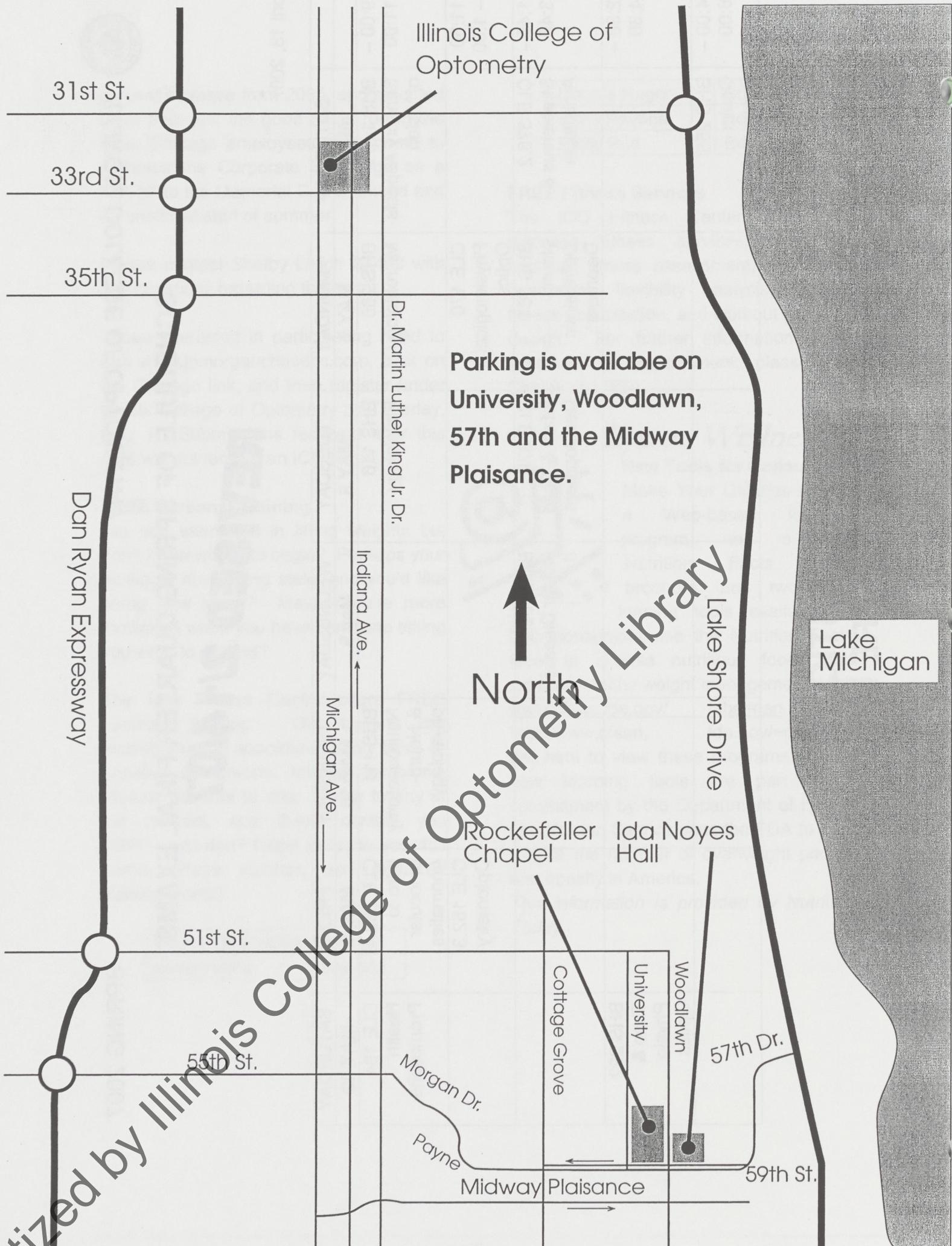
SCHEDULE OF SPRING QUARTER FINAL EXAMS

**REVISED 2/14/07**

April 18, 2007

	SATURDAY <b>MAY 5</b>	MONDAY <b>MAY 7</b>	TUESDAY <b>MAY 8</b>	WEDNESDAY May 9	THURSDAY <b>MAY 10</b>	FRIDAY <b>MAY 11</b>	SATURDAY <b>MAY 12</b>
9:00 – 11:00	BHS 140.2 Sensory Aspects of Vision	BHS 266 Microbiology	BHS 116 Physiology		BHS 111 Neuroanatomy & Neuro- physiology	CLE 262.4 Intro to Binocular Anomalies	CLE 194 Health Promotions
11:30 – 1:30		CLE 170 Physiological Optics				CLE 162.3 Optometry	
1:45 – 3:45	CLE 376.2 Strabismus & Amblyopia	BHS 364 Neuro- Ophthalmic Disorders	CLE 379 Infant & Child Development	BHS 263.2 Ocular Disease II			
2:30 – 4:30							BHS 222 Theo & Physio Optics
4:00 – 6:00	BHS 256 Ocular Pharmacology						

**ATTENTION:  
MAKE-UP DATES ARE MAY 14 AND 15**



Digitized by Illinois College of Optometry Library



# Focal Point

C A M P U S N E W S

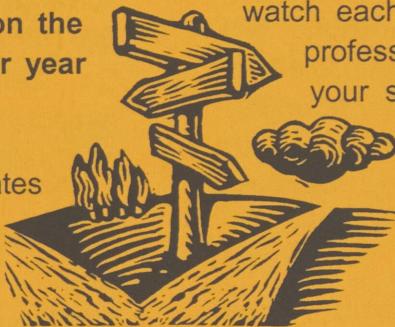
## **From Dr. Colip**

Congratulations to all students on the successful completion of another year at ICO!

To the ICO Class of 2007 (candidates for the O.D. degree): This will indeed be your last "Student" Newsletter. I have enjoyed

working with you over the last few years and would like to wish each of you the best as you begin your new careers. Let me be the first to welcome you as professional colleagues to our wonderful profession and to the ICO

Alumni Association. As you take your first professional positions, the next few weeks and months will undoubtedly hold much change and professional challenge as you try out your new privileges as licensed O.D.'s. The transition into practice can be intimidating for some, exhilarating for others. As your first paychecks start rolling in I'd like to challenge you to rely on each other, as well as those of us that will remain here at ICO, for advice and assistance as you continue your professional development and transition into your practices. Though distance may separate us, you will always be part of the ICO "family". One of the great joys for many of us that will



"....And so I say that every end  
Is only an unexpected bend  
In eternal road we go  
To peaks above from peaks below  
The yesterdays are shells we shed:  
The best is always on ahead  
There's always some new world for winning;  
And every end is a new beginning!"

~ Charles Edwin Markham

remain at ICO is the opportunity to continue to watch each of you grow and continue your professional development and learn of your successes. Your return visits are always welcome! As a member of the largest optometric alumni association in the world you have earned access to and assistance from over 8,000 fellow alumni worldwide – take advantage of us! Your ICO education will serve you well and will undoubtedly make many of your life's rewards possible. Be proud of your accomplishment and best wishes to all of you!! I wish you each many successes in your

new careers!

**To the Third Year Class:** Congratulations on the completion of your formal classroom education and the start of your fourth and final year at ICO. I look forward to working with you and your Class Representatives to plan a memorable commencement ceremony, just 12 short months away! Best wishes to all as you apply your new skills in the Externship Program. Please visit us in the Student Affairs Office during your campus-based rotations. Now is a good time to list yourself with the ICO Placement Program (many of you

already have – congratulations!) and use the next few months to start evaluating practices and thinking about where you may want to set-up practice.

**To the Second Year Class:** Best wishes as you begin your formal clinical education in the Illinois Eye Institute. I encourage you to take an occasional break from your studies (and NBEO preparations!) and enjoy all that Chicago has to offer during the wonderful summer months. I highly recommend that you check out the many festivals and plan to take in a concert in Grant Park sometime this summer – they're free! Many of you will take NBEO Part I in early August. I highly recommend that you save yourself some last minute anxiety by preparing early. You'll be glad that you did.

**To the First Year Class:** I commend you on the completion of your first year and encourage you to reflect back upon this year and realize just how much you have learned. To those of you that will be returning to your homes, have a wonderful and restful summer and I'll see you next fall. Once you have had a chance to catch your breath this summer, please consider returning a little early in the fall and helping out with First Year Orientation (Aug. 19 – 21) and help get the new Class off to a good start.

### *To all Students*

*From Dr. Colip*

The summer months will once again be quite busy around ICO. ICO's annual Commencement Capstone Program for the graduating Class will run Wednesday, May 16th. Commencement is Saturday, May 19 at 11am at Rockefeller Chapel at University of Chicago.

The Admissions Office will conduct our summer Open House on Saturday, June 9<sup>th</sup>; if you will be around and would like to help out or participate, please stop-by the Student Affairs Office and see Teisha Johnson.

ICO will sponsor an alumni/student reception at the AOA Congress in Boston (June 27-31). If you plan to attend the meeting, or will be in the area, we would appreciate your attendance. It is a great opportunity to network with ICO alumni and who knows, maybe you will meet your new practice partner. Details on the meeting are available on the AOA website.

*Have a great summer!!*

*Mark Colip, O.D.*

### *Congratulations*

*Billi Prinzen*

On behalf of the 2006/2007 Student Association, I would like to congratulate the newly elected SA officers:

Thank you to all who ran for a position this year - we had an excellent group of candidates! I hope that you will all continue to support not only the Student Association, but the entire student body and all organizations here at ICO.

We, the Student Association executive board, look forward to working closely with each of you in the upcoming school year.

Please continue to keep us informed of how we can better serve ICO's students as a whole.

Wishing you all the very best with the remainder of the quarter! We're almost there!

### *New SA Officers*

Congratulations to the following 2007-2008 Student Association Officers:

**Billi Prinzen** - President

**Courtney Krohn** - President-Elect

**Camy Grewal** - Secretary

**Rachael Beatty** - Treasurer

**Laura MacDonald** - Director of Community Service

**Jennifer Durst** - Director-Elect of Community Service

**Melissa Zarn** - Director of Notetaking Services  
**Lindsay Sicks** - Director-Elect of Notetaking Services  
**Vick Chan** - Director of Intramural Sports  
**Casey Bartz** - Head RA  
**Scott Collings** - 4th Year Class Rep.  
**Vanessa Wong** - 4th Year Class Rep.  
**Shilpa Shah** - 3rd Year Class Rep.  
**Aaron Ledford** - 3rd Year Class Rep.  
**Kristin Bertelsen** - 2nd Year Class Rep.  
**Michael Landy** - 2nd Year Class Rep.  
**Natalka Manastersky** - AOSA Trustee  
**Nicki Henriksen** - AOSA Trustee-Elect  
**Nana Owusu** - Immediate Past-President

We are looking forward to the upcoming year, good luck on finals and enjoy your summer!

## ***Gold Key Officers***

Congratulations to the Class of 2008 Gold Key Officers...

**Kim Goss, Nana Owusu, Meagan Petraitis, Grace Tran, Aaron Werner, and Vanessa Wong**

Gold Key International Optometric Honor Society serves to recognize upperclassmen that have demonstrated outstanding professional and ethical attitudes through leadership in their college, community, and profession. Membership for the Class of 2008 will consist of six members of the third year class (the officers mentioned above) and up to ten percent of the fourth year class, who will be selected this fall. Individual candidates are chosen for a lifetime membership and one of the highest honors bestowed upon a student Doctor of Optometry. Thank you to all the applicants for your dedication to your class and the ICO community.

## ***Beta Sigma Kappa Grant***

The Beta Sigma Kappa (BSK) Student Research Grant Program continues for over seventy-five years as the only source of research funding dollars provided solely to

students as accredited schools or colleges of optometry in the United States and Canada. This program's funding benefited hundreds of optometry students whose academic curiosity led them to seek answers to a vast variety of professionally-based questions covering a wide area of vision science and clinical practice. We encourage all optometry students to apply for BSK research grant funding in support of your planned project.

Applications and guidelines are available from the BSK Faculty advisor at your school or college of optometry. Once completed, the application should be mailed to Todd Fleischer, BSK Executive Director, PO Box 5886, Topeka, KS 66605. All optometry students, irrespective of membership in BSK, are eligible to apply for research grants from BSK.

Currently, the maximum grant award is \$1,000.00. In addition, the researchers or teams with the two best completed research projects, ready for publication, each receive an award of an additional \$1,000.00.

The deadline for receipt by the BSK Executive Office of completed applications for student research grants is 5:00pm (EDT) Friday, May 18th, 2007. Applications received after that date cannot be accepted. After review by the BSK Board of Regents, The BSK Central World Council will select the grant recipients and award funding by the beginning of July.

## ***ICO Drake Tutors***

A big thank you to all who gave of their time tutoring at Drake Elementary this school year. We had a very successful year and the teachers and staff could not be more appreciative of our help! Great job!

## **Capstone and Recruitment**

Tracy Faulkner

It's less than 2-weeks away from graduation and the week of Commencement will be busy on campus here at ICO. If you can, plan to arrive earlier in the week. There will be variety of on campus recruiting events just for the Class of 2007.

The **Commencement Capstone** program has been the nucleus of excitement. It comes on the heels of Commencement Rehearsal, earlier that day. The traditional awards ceremony will be hosted by Dr. Augsburger, then there's the Dinner. This year's theme is the Taste of ICO in Chicago. It will include 5-food stations: American, Indian, Italian, Asian, and Mexican. The gymnasium will be packed with nearly 30 exhibitors who are anxious to meet you and talk about national and international opportunities, and their products geared towards the ophthalmic profession.

Then there's the entire week of on-site recruitment for those of you who are in "search mode."

- **America's Best** will be here Tuesday – May 15th through Friday – May 18th, from 10:00 a.m. – 5:00 p.m. Their Vice President of Professional Relations – Chris Schultz will be conducting interviews and he is recruiting for their opportunities throughout the country.
- **Wing Eyecare** will be here ALL day before and after the Capstone Program on Wednesday – May 16th. Interviews are being scheduled with Dr. Tom Nagy. His phone number is (513) 245-9099 and his e-mail is tnagy@wingeyecare.com.
- And **Luxottica** will be here Thursday – May 17th and Friday – May 18th from 10:00 a.m. – 7:00 p.m. recruiting w/4 teams of recruiters who are recruiting for Chicago (North and

South), Illinois, Minnesota, St. Louis, nationally, and opportunities in Canada.

With the exception of Wing Eyecare, all interview scheduling is conducted through my office. Feel free to stop by and/or send me an e-mail @ tfaulkner@ico.edu.

Congratulations again to the Class of 2007 on a job well done!

### **Capstone Program, May 16<sup>th</sup> Schedule**

12:20pm	Graduates board Trolleys to Rockefeller Chapel
1pm	Commencement Rehearsal at Rockefeller Chapel
2:30pm	Capstone sponsors expected to arrive on campus
3:30pm	Graduates arrive on campus, Graduates mingle and visit with Sponsors at information tables
4:15pm	4 <sup>th</sup> Year Awards Presentation, Capstone Dinner & Dessert – Gymnasium
5:30pm	Commencement Capstone Raffle, Cap & Gown Pickup and Yearbook Distribution (Lecture Center)

Gifts outside door of  
1200

## **Commencement News**

Commencement is held at Rockefeller Chapel on the campus of the University of Chicago at 11:00 a.m. on Saturday, May 19<sup>th</sup>. Rockefeller Chapel is located at 5850 S. Woodlawn Ave. A reception honoring the Class of 2007 will be held at Ida Noyes Hall immediately following

the ceremony. The building is located directly east of the Chapel.

## *The Intranet Moves to The View!*

On May 18th, The Intranet will be completely replaced by The View ([theview.ico.edu](http://theview.ico.edu)). This move will replace the need of having to visit two different sites for all academic/administrative content.

Regular front page links to the externships/internships/forums/etc. will now be listed in the quick links section of The View. The rest of the content will be contained under their respective tabs. Please contact [webmaster@ico.edu](mailto:webmaster@ico.edu) with any comments or concerns.

## *Did You Know*

*Dr. Colip*

### **Ocular Findings Following Paintball Sports Trauma**

Cases of eye injury presenting to a single institution from 2000 to 2005 were evaluated to raise awareness of potential significant ocular damage and visual loss secondary to paintballs in those not wearing ocular protection, and to report the incidence of chorioretinitis from paintball contusion.

Those cases in which the injury was attributed to paintballs were identified and evaluated to determine ocular findings and visual prognosis. Ocular paintball injuries occurred in eight male subjects and one female subject (nine eyes) with an average age of 16 years (range 11 to 26). None had ocular protection at the time of ocular injury. On initial examination, vitreous hemorrhage was present in six eyes (67 percent), maculopathy, hyphema, cataract and commotio retinae were each present in four eyes (44 percent each). Two eyes suffered retinal detachment and one eye an optic nerve avulsion. Chorioretinitis sclopetaria occurred in four eyes (44 percent). The final visual acuity was 20/40 or better in three eyes, 20/50 to 20/150 in two eyes and 20/200 or worse in four eyes.

Injuries owing to paintballs can result in severe ocular damage and visual loss. Increased awareness and need for proper ocular protection should be emphasized. Chorioretinitis sclopetaria occurs with a high frequency and its presence should be recognized, because its management is different from that of retinal tear or detachment.

**SOURCE:** Taban M, Taban M, Sears JE. *Ocular findings following trauma from paintball sports. Eye 2007; Mar 16 [Epub ahead of print].*

## *Tech Tips*

*Ahmed Mohammad*

### **How to specify your office hours in Groupwise**

You can specify your office hours to avoid appearing to be available in Busy Search during hours when you are regularly not in the office. Your office hours also display in your Calendar.

- 1) Click Tools > Options.
- 2) Double-click Date & Time > click the Calendar tab.
- 3) Specify the time your work day begins in the Start Time box.
- 4) Specify the time your work day ends in the End Time box.
- 5) Click the days you work in the Work Days check boxes.

### **How to Change an email to an appointment in Groupwise.**

- Double click on an email
- Click on edit
- Click on "Change to" and select appointment.

### **ICO Web Pages addresses**

**ICO main page:** <http://www.ico.edu>

**ICO Intranet:** [Http://Intranet.ico.edu](http://Intranet.ico.edu)

**ICO Phone Directory:** <http://twp.ico.edu> or dial 312-949-7000

**ICO GroupWise web access:**

<http://eyecare.ico.edu>

**Student Academic Portal:**

<http://theview.ico.edu>

Here are the most commonly used public groups in Novell GroupWise Novell address book.

#### **Group name    Group Members**

Everyone	faculties and staff
Allstudents	All ICO students
06students	All students graduating year 2006
07students	All students graduating year 2007
08students	All students graduating year 2008
09students	All students graduating year 2009
Faculty	ICO faculty
Facilities	Facilities

#### **IS contact procedures.**

Phone calls or voice mail to x7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

#### **1. Phone Request:**

Contact x7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

#### **2. System Support Email:**

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

## **Lockers**

**Attention Graduates and Third Year Students Leaving for Summer Externship**  
Please take the responsibility of removing your belongings and your lock from your locker before leaving ICO. Also please notify Kathy in the Student Affairs Office which locker you vacated. Thank you.

## **Spotlight on the Library**

By Kathryn Johnston, Information Systems Librarian

#### **Library Hours for Exam and Break Week**

Friday, May 4	8:00 am- midnight
Saturday, May 5	8:00 am- midnight
Sunday, May 6	10:00 am-midnight
Monday, May 7	7:00 am- midnight
Tuesday, May 8	7:00 am- midnight
Wednesday, May 9	8:00 am- midnight
Thursday, May 10	7:00 am- midnight
Friday, May 11	7:00 am- midnight
Saturday, May 12	8:00 am- 5 pm
Sunday, May 13	Closed
Monday, May 14-	8:00 am-5:00 pm
Friday, May 18	
Saturday-Sunday, May 19-20	Closed

#### **Summer Hours**

Monday-Thursday	8:00 am-9:00 pm
Friday	8:00 am-5:00 pm
Saturday	9:00 am- 5:00 pm
Sunday	CLOSED

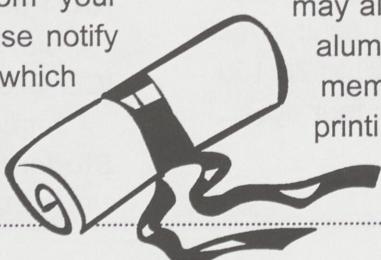
#### **Part-time Summer openings**

The library has several part-time openings for work study students for the Summer Quarter. See Sarah Morris (ext 7151) in the library for details.

#### **Fourth Year Students/Alumni**

Congratulations on your upcoming graduation! All your Library materials must be returned by May 13 in order to participate in commencement.

After graduation, you will have library privileges as Alumni to check out books, CDs/DVDs, tapes, and videos. We will even mail these materials to you without charge if you live further than 50 miles away. The Library will send you free pdf copies of articles available in the Library that you need. You may also use the Library's computers as alumni. Please contact a library staff member for help in logging in and printing.



### Third Year Students/Externs

Good luck on your externships! If your extern site is over 50 miles from campus, we will email you the pdf's and send library materials that you need for free. Email the library at [cshepard@ico.edu](mailto:cshepard@ico.edu) or telephone us at (312)949-7150 for requests.

### *ICO Faculty Recognized*

ICO faculty, Dr. Dominick Maino, was recognized by the Wright Camera Club as having earned the highest number of points during a year long photography competition that occurred monthly from Sept thru April. He was awarded first place in Large Monochrome, Small Color, and Large Color prints and 2nd place in small monochrome prints. Three independent judges assessed the photographs during each competition. The Wright Camera Club meets monthly from Sept. thru May and welcomes new members. Please contact Dr. Maino at [dmaino@ico.edu](mailto:dmaino@ico.edu) if interested in this organization.

### *ICO at AOA*

#### *Dominick Maino*

Several ICO faculty members participated in the 2007 AOA Spring Planning meeting held this April in St. Louis. Dr. Janis Winters served on the Faculty Relations Committee, Dr. Geoffrey Goodfellow on the Student and New Graduates Committee, Dr. Andrea McCann on the Eye Safety Committee and Dr. Dominick Maino on the AOA Journal Review Board and Abstract Review Committee.

### *Student Organizations*

Please submit your newly elected officers with their box number, phone numbers and email addresses to Kathy Brownfield in the Student Affairs Office.

## CLASSIFIEDS



### **Mini Me Wanted for Pediatrics Project**

Dr. Goodfellow is in need of an organized, hard-working, detail-oriented work study student in the Pediatrics/Binocular Vision Service for 10-15 hours per week throughout the summer quarter. This work study would work closely with Dr. Goodfellow to reorganize supplies, take inventory of vision therapy equipment, and update patient education handouts. Unfortunately, this "behind the scenes" position does not involve interaction with patients. Potential candidates should work accurately, have good time management skills, and be proficient in MS Word and Excel. Please contact Dr. Goodfellow at [ggoodfel@ico.edu](mailto:ggoodfel@ico.edu) for more information.

### **Position: Summer Research Assistant (Workstudy Position)**

*From: Drs. Trachimowicz and Michael Volin*

Dr. Michael Volin (a former faculty member at ICO) and I will be doing some research on uveitis in rats this summer (immunology-based) and we are in need of assistance. We did a similar project a few years ago and Dr. Volin is now looking at the role of a different cytokine (and its receptor) in endotoxin-induced anterior uveitis. The job would include handling of the animals while slit lamp is performed on their eyes, as well as helping with weighing of the animals, feeding and care of the animals, preparing needed reagents, sectioning ocular tissues, processing ocular tissues for immunohistochemical staining, etc. Experience handing animals, as well as experience with immunohistochemistry and/or sectioning of frozen ocular tissues would be a plus but is not a requirement.

Dr. Volin would provide proper training so that

the student assistants would be comfortable with their duties.

If you will be in Chicago this summer and are interested, please contact me at rtrachim@ico.edu or x7180 for more details. Thanks.

#### Looking for Summer Work Study???

##### Suite Technician-

Mon 3:45-6:30 pm Suite I

Tue 3:45-6:30 pm Suite I

Wed 3:45-6:30 pm Suite I and II

Sat 8:45-11:30 am Suite I

##### Calling & Recalling Patients-

any 3 hour time block Tue-Fri

#### Front Desk Assistant-

Mon 9-11, 4-6 pm

Tue 9-11, 4-6 pm

Wed 9-11, 1-3, 4-6 pm

Thu 9-11

Fri 9-11

Sat 9-11

If interested please email Dr. Rozwat at arozwat@ico.edu

## RESIDENCES

Residency information is available in the residency information file in the Student Affairs office:

## SCHOLARSHIPS

Scholarship	Who's Eligible	Amount	Deadline
Maine Optometric Association	<ul style="list-style-type: none"><li>• From Maine</li><li>• Financial need</li><li>• Scholastic achievement and character</li></ul>	(2) \$1,000	May 18 <sup>th</sup> , to Mary Brooks
Hilda L. Rand Scholarship			
The John Gyles Education Awards	<ul style="list-style-type: none"><li>• Canadian or American Citizenship</li><li>• GPA of 2.7</li></ul>	Up to \$3,000	Filing date for mailing is June 1, 2007 Applications available on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>
Polish Women's Civic Club, Inc.	<ul style="list-style-type: none"><li>• Citizen of U.S.</li><li>• One parent of Polish heritage</li><li>• Chicago area resident</li><li>• Good grades</li><li>• Financial need</li></ul>		July 1, 2007 to Eunice Warda
The Connecticut Association of Optometrists Scholarship Committee	<ul style="list-style-type: none"><li>• Connecticut Residents</li></ul>		July 30 <sup>th</sup> , 2007
Wisconsin Optometric Association	<p>From Wisconsin 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> Years</p> <ul style="list-style-type: none"><li>• Transcript</li><li>• Member of AOSA</li><li>• Three letters of recommendation</li></ul>		August 17, 2007 to Wisconsin Foundation for Vision Awareness

For all scholarships and fellowships, please stop by the Student Affairs Office for more information.

## FITNESS CORNER

### Massage Therapy

Do you need to unwind after final exams? If so, try a massage. Regina Gray, a certified massage therapist, provides massage at ICO every other Monday. Regina's extensive training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems. Table massage clients remain fully clothed, and no oils are used.

Cost is \$10 per 10-minute sessions, and gift certificates are available. Please call Shelby at x7460 for further information, to schedule an appointment, or to purchase a gift certificate. All appointments need to be made by noon on Thursday.

### FREE Personal Training

Are you interested in lifting weights but don't know where to begin? Perhaps your workouts are getting stale, and you'd like some new ideas? Maybe you're more motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one training sessions. Please feel free to drop a note to any of our trainers, and they'll contact you ASAP—just don't forget to leave your full name, phone number, and preferred training time(s).

### YOUR TRAINERS ARE . . .

Kevin Harris	Box 542
Donnie Hager	Box 46
Chris Pavone	Box 220
Emily Pott	Box 246

### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### *Eye on Wellness*

#### College Students Use Body-Mind Skills to Manage Weight

American college students gain an average of 9-10 pounds during their freshman and sophomore years at school according to research. Some institutions are teaching college students body-mind skills, not only to manage stress, but also to curb the tendency to overeat and put on weight.



Program goals include becoming more aware of the triggers that lead to problematic eating, developing alternatives for coping with uncomfortable physical and emotional hunger, and increasing appetite awareness."

To learn more about mindful eating see the website for The Center for Mindful Eating at [www.tcme.org](http://www.tcme.org).

*This information is provided by IDEA Fitness Journal.*



## ILLINOIS COLLEGE OF OPTOMETRY

SUMMER QUARTER, 2007

### EXAM SCHEDULE

April 26, 2007

	<b>THIRD YEAR</b>
	<b>REGULAR EXAMS 8:00 – 8:50 AM</b>
<b>DATE</b>	<b>ROOM 1200 - 1203</b>
June 7 THURSDAY	BHS 363.1 Ocular Disease III Exam 1
June 14 THURSDAY	CLE 365.1 Contact Lenses Exam 1
June 26 TUESDAY	BHS 363.1 Ocular Disease II Exam 2
July 10 TUESDAY	CLE 365.1 Contact Lenses Exam 2
July 13 FRIDAY	3 <sup>rd</sup> Year Clinic Exam
	<b>FINAL EXAMS –</b>
	<b>ROOM 1200-1203 – NOTE TIMES</b>
July 19 THURSDAY	1:45 – 3:45 PM BHS 363.1 Ocular Disease III
July 21 SATURDAY	2:30 – 4:30 PM CLE 365.1 Contact Lenses

Digitized by Illinois College of Optometry Library



# Focal Point

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C A M P U S   N E W S

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## *IColympics!!!*

Attention all students, faculty, staff, family and friends. The time has come to show off your competitive spirit. The IColympics are just around the corner - Saturday, August 25<sup>th</sup> at the Illinois Institute of Technology's Gunsaulus Park starting at 11:00 am. There will be a variety of competitions, food, drinks, prizes, t-shirts, medal ceremony and lots of fun. Sign-up sheets for the competitions will be posted in the President's Lounge by the student mailboxes during the week of August 20<sup>th</sup> (announcements will be made for each class). Remember to bring your family and friends. Join the festivities and be ready for a good time. Any questions please contact Shelby Lalich at ext. 7460.

## *Welcome to All New and Returning Students*

The Student Affairs Office extends a warm welcome to returning and new students of ICO. The Focal Point, the student newsletter, is published bi-weekly by the Student Affairs Office for the entire ICO community. The Focal Point informs students, faculty and staff of items and events concerning the student body.

If you have an announcement or other items

you wish to include in the newsletter, or if you have scheduled an event, either on or off campus, please contact Kathy Brownfield in the Student Affairs Office. Kathy also maintains an all campus calendar for reserving rooms and for scheduling events.

## *President's Welcome Awards Ceremony*

Everyone is invited to attend the President's Welcome Awards Ceremony. The program begins at 12:00 pm on Tuesday, August 28<sup>th</sup> in the Lecture Center. Come and watch the new 1<sup>st</sup> year class receive their first white lab coats.

First, second and third year students will receive recognition for their awards and scholarships.

## *Meet your Student Affairs Department*

The Student Affairs Office serves as a liaison between students, faculty and administration and acts as an information source for the student body. If students have questions about where to go for particular services, stop by the Student Affairs Office and we will answer your questions. If we don't know the answer we will find out for you and/or direct

you to the department who can answer your questions. Information regarding the Focal Point (student newsletter), scholarships, student leaders, reserving rooms, the master calendar, lockers and replacement ID cards can be found in our office. Students may also schedule appointments with the Vice President for Student Affairs in our office.

Dr. Mark Colip, Vice President for Student Affairs, is responsible for developing and maintaining admissions, student recruitment, residential complex, student affairs, student counseling and enrichment, student financial services, student health service, scholarships and awards, commencement, fitness center, and ICO marketing and public relations.

### **Professional Career Development Services**

*Tracy Faulkner*

Welcome and Welcome back from ICO's Professional Career Development Office. My name is Tracy Faulkner and I am the office's counselor. My office is located across from the cashier's window on the first floor.

I look forward to meeting with you. My role is tied to several of ICO's traditions: **The Practice Opportunities Symposium** held every year in March, and the graduates' **Commencement Capstone Awards Ceremony**, held every year in May.

I am also advisor to the Private Practice Club and the NOSA student organizations. Please join one or both organizations. We need students who have a good work ethic, who are creative and who have new ideas! Most of all, I hope you are able to balance school and devote the time needed to make the organizations more successful.

By day, it is my job to assist you in developing your career strategies, specialization interests, interviewing preparations, Curriculum Vitae development, providing you with part-time career options via the Part-time Ophthalmic Job Board located outside

Student Affairs and very soon on the intranet, and to help you prepare for a rewarding career in the optometric profession.

My office utilizes resourceful tools devoted to your success. The Online Placement Program links hiring authorities, mostly O.D.'s and/or ophthalmologists with seekers of opportunities: those "soon to graduate" and our esteemed pool of alumni which is over 8000.

These are just a few of the provisions of my office. I have an open door policy. As long as I am not on the phone or with a student, come on in and if there's anything I can do to help you, I will.

### **College Wellness Services**

The College Wellness Services, as a component of the Office of Student Affairs, addresses student health issues in both preventative and curative means. The Wellness Service providers include Shelby Lalich, and Beth Karmis. While each provider has her own area of operation, a team approach is taken to provide the student community holistic wellness services and programming.

**Shelby Lalich**, as the Fitness Coordinator, in addition to overseeing the day-to-day operation of the fitness center, provides a plethora of fitness related services. Personalized services include a variety of fitness assessment protocols, fitness counseling, equipment orientation, and workout program design. Community services include a quarterly fitness class program, regular fitness and exercise incentive programs, health-oriented bulletin boards, healthy snack breaks or massage therapy during final exams, biweekly seated massage, and health fairs.

**Beth Karmis, M.A.**, as the Director of Student Counseling and Enrichment Services, provides both psychological and academic

counseling. The psychological and academic counseling services are usually short-term or intermittent to address acute situations or challenges to a student's ability to be successful here at ICO. Referrals to outside services are provided when appropriate/necessary. Fees for outside services are the student's responsibility. Academic enrichment programming, including tutoring services, study skills workshops, and one-on-one sessions are available throughout the year.

### Tutoring

Tutoring information will be available and regularly updated. Tutor authorization forms and tutor lists are available on the College's Intranet.

## Student Association

On behalf of the Student Association, I would like to say, "Welcome to the Class of 2011," and "Welcome back to the Classes of 2008, 2009 and 2010!" We are in for a great year at ICO!

### Upcoming Events:

#### Friday, August 24<sup>th</sup> - Club Blindspot

Come and check out all the ways you can get involved and meet your colleagues!

Free Pizza and Beverages!

#### Saturday, August 25th - ICOlympics (held at IIT Campus)

Join in some friendly competition and fun with your colleagues! Everyone is welcome – bring your families along for the fun! Food and beverages are provided.

#### Sunday, September 16th - Golf Outing

Always promises to be lots of fun! More details coming soon!

Stay tuned for more information regarding Casino Night, our annual SA Scholarship Fundraiser and BooBash - Halloween fun you don't want to miss!



### First-Year Class Representatives & Community Service Representative

Calling all who are interested in getting involved in student government! The Class of 2011 will elect two class representatives and a community service representative to be the liaisons between ICO Faculty/Administration and the Class of 2011. If you are interested in running for a position or have any questions, please feel free to contact any Student Association officer. Elections will be held during the week of August 27th.

Please feel free to contact me with any questions or concerns you may have. ICO's Student Association is here to make the transition to ICO as smooth as possible and to make the best of each student's experience here! Once again, welcome back to everyone and best wishes in your studies! Let's have a great year!

*Billi Prinzen - Class of 2009*

*ICO Student Association President*

*[BPrinzen@eyedoc.ico.edu](mailto:BPrinzen@eyedoc.ico.edu)*

### LOCKERS – IMPORTANT

#### INFORMATION

In order to open up more lockers for students and correct our locker sign-up list, we are requesting that all students who are on campus please check their locker number and be sure they are registered with the Student Affairs Office.

If you are a **student on campus** and have a lock on a locker and have not registered your locker with the Student Affairs Office please stop by and sign up by **Thursday, August 30<sup>th</sup>**. After this date, the locker will become available for commuting first year students.

If you are a **student off-campus on externship** and have a lock on your locker but did not register the locker in the Student Affairs Office as previously requested, please contact Kathy Brownfield. Kathy can be reached at 312-949-7401 or

kbrownfi@ico.edu. Please contact her by Thursday, August 30<sup>th</sup> with your locker number or the locker will be made available to another student.

## Master Calendar



The Student Affairs Office maintains a campus wide master calendar. To prevent scheduling conflicts and to keep the campus community informed of activities, it is necessary that all campus activities (whether they are held on or off campus) are listed on the master calendar. Please contact x7401 fourteen (14) days in **advance** of any activity planned for the College community.

## Facility - Lecture Center

Opie Nimon, Chief Engineer

The Lecture Center rooms 1200, 1201, 1202 and 1203 can be configured in several different ways to accommodate varying group sizes. Each room has seating for approximately 160 people each. The room/s can be requested for an event/lecturer by utilizing the room request form in the Student Affairs Office in **advance**. The Facilities personnel are the **only** people that are trained and authorized to move the walls in the Lecturer Center. Do not attempt to move the walls and do not ask Security to move the walls. Moving the walls could be extremely dangerous for persons that are unfamiliar with the mechanics of their construction. If you have any questions about how the walls can be configured or occupancy please contact Opie at x7610.

## Attendance

Students that anticipate a conflict with their schedule due to religious observances need to register (i.e. date and name of holiday) with the Academic Administration Office to receive an excused absence. You must do this within the first two weeks of each quarter. Even if you registered it in the past, it is still necessary that you register at the beginning of

each quarter.

## Courtyard

Weather permitting, student organizations are welcome to use the Courtyard for various functions. However, the grass in the Courtyard cannot withstand much traffic. Therefore, you are asked to stay off the grass and are requested not to set tables or other items on it.

## Student Mail

From the mailroom:



By this time the new first year students should have found us, not that we were hiding. The mail room is here for your convenience. The mailroom hours are 8:30 a.m. – 4:30 p.m., Monday thru Friday.

The mailroom sorts all incoming mail by hand and this can be a very timely process. Please, when giving your address to someone include your box number and/or your year. Here is an example of how your mail should be addressed:

Mr. Jack Frost  
Illinois College of Optometry  
3241 S. Michigan Ave.  
1st Year # 896  
Chicago, IL 60616

By doing this, the mail will be sorted faster and distributed earlier.

Your mail is delivered to your box each day and your packages are kept secure until you pick them up. We will help you to ship your packages and put proper postage on your letters. We use the United States Post Office, United Parcel Service and Federal Express for shipping purposes.

The mailroom can only accept cash and checks as payment for mail or packages. We can not accept credit or debit cards.

Here are a few guidelines to follow when shipping a package.

1. Make sure that your package is securely wrapped. We can provide you with the materials, paper, tape, bubble wrap, etc., you will need to wrap your package securely.
2. We are NOT a U.S. Postal facility. It is not possible for the mailroom to insure a package that is sent via U.S. Mail. Any package sent U.S. Mail will not be insured or trackable. If you need these services please use an authorized Postal facility.
3. United Parcel Service (UPS) is trackable and automatically insured (\$100). You can add insurance to any package that is worth over \$100., for an additional charge. We can provide next day, second day, three day select and regular ground service. Payment is expected at the time of shipping.
4. Federal Express services are also available from the mailroom, next day and second day. We can not accept Federal Express Ground. Federal Express costs are charged directly to your student account.
5. United Parcel picks up between 2:00 & 2:30 every weekday. Packages must be in the mailroom no later than 1:45 for shipment that day.
6. U.S. Mail is picked up at 3:30, every weekday. Please have all mail and packages to the mailroom no later than 3:15.
7. Federal Express is picked up between 3:30 and 4:00 every weekday. All packages should be brought to the mailroom no later than 3:15.

If you have any questions or concerns please stop by the mailroom or call X7085 or 7087. We are here to help.

**The Mailroom is a secure area. Access is allowed only to authorized staff and work-study students.**

At the time of Orientation all students will

receive a mailbox key. Please keep this key with you when you are at school. You will need the key throughout the day to access your mailbox. If you lose your mailbox key please see the cashier to pay a \$5.00 charge for a new key. Take your receipt to the Security Office, they will order your new key.

Daisy Varkalis ext.. 7085 and Diane Altman ext. 7087

## ***Rules and Regulations to be Aware of:***

### **New Student Guide**

You will receive a copy of the 2007 Student Guide during the first week of classes. Copies are available in the Student Affairs Office. It is your responsibility to be familiar with procedures and policies contained in the Student Guide.

### **Use of Alcohol at ICO**

Student organizations may not use alcoholic beverages in the educational, clinical, recreational or other facilities at ICO, unless the Vice President for Student Affairs (Dr. Mark Colip) gives permission. Such permission (i.e. BlindSpots) may periodically be granted to student organizations that have completed a Facilities/Fund Raising Request Form.

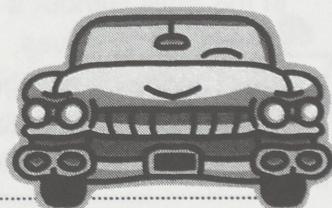
Facilities/Fund Raising Request Forms should be completed and approved at least fourteen (14) days before any meeting at which alcohol is desired. If alcohol is served at an event, gross/net receipts must be reported to the Student Affairs Office for compliance with City of Chicago ordinances.

### **Smoking at ICO**

Please note that ICO is a smoke free campus. Smoking is prohibited in all campus facilities, including the Residential Complex, stairwells and entryways.

### **Parking**

The parking spaces in the main entrance are



for College visitors. Students are reminded that parking their cars in the "circle" (Indiana entrance) for any reason subjects their car to towing. Student and staff are not allowed to park in the IEI parking lot.

Please drive carefully while in the parking garage! Mirrors have been installed for your safety; however, it is important that we drive slowly. Also, be sure to park your vehicle between the painted lines.

#### **Street Parking**

Please be reminded that on Wednesday, parking is prohibited on the West Side of Indiana Avenue and Michigan Avenue.



On Thursday, the East Side of the street is closed until 9:00 a.m. due to street cleaning. You will be ticketed if you are parked during cleaning hours. Always read the street signs in Chicago!

#### **Student I.D. Cards to be Worn at all Times**

The I.D. card is used to identify students on ICO and IIT campuses and is used to check out equipment or books at ICO. Photo Identification Cards are issued to all students. Your I.D. number remains the same throughout your professional schooling at ICO. Photo identification cards are issued to all students and must be prominently displayed at all times while on college property. The front desk staff will check to make sure all students and staff are wearing their I.D. badges when they enter the building. If a student is not wearing a badge and does not stop at the front desk, Security will be notified.

Patients and those with them will be issued dated visitor tags. Each student should make it his/her responsibility to assist anyone seen in the halls without a badge. Either have them identify themselves, remind them to put on their badge if recognized, or notify Security immediately. For students, staff and faculty, a temporary badge will be issued from Security

if the badge is forgotten.

If you lose your I.D. card, please notify the Security Office immediately. A temporary I.D. will be issued. The I.D. card replacement fee is \$25. An application to purchase a spouse I.D. card may be obtained from the Student Affairs Office. The fee is \$5.00 to be paid at the ICO Cashier. The application and receipt needs to be submitted to the OneCard Office, Room 1013, in Brady Hall.

#### **Computer Support Procedures**

Ahmed Mohammad

IS contact procedures.



Phone calls or voice mail to x 7500 or email to support@ico.edu are the expected methods for contact the support team with a problem.

##### **1. Phone Request:**

Contact x 7500 for a medium or high priority request. To properly prioritize your problem or request, please be as descriptive as possible by describing the problem, workstation location and person to contact along with their extension. Press 1 for normal priority messages or press 2 for major system emergencies. If option 2 is selected, calls will be forward to x4500 and the person on-call will be paged.

##### **2. System Support Email:**

Non-emergency priority problems, or requests such as installing new software, hardware, etc., can be sent via email to support@ico.edu. The email should be as descriptive as possible, including the problem, workstation location and person to contact along with their extension.

Here are the most commonly used public groups in Novell GroupWise address book.

### Group name Group Members

Everyone ICO faculties and staff only  
Allstudents All ICO students  
08students All students graduating year 2008  
09students All students graduating year 2009  
10students All students graduating year 2010  
11students All students graduating year 2011  
Faculty ICO faculty  
Facilities ICO Facility  
Alumni ICO Alumni

### **Food Service**

Food Service (located on the lower level of Brady Hall) is owned by the college and contracted by Chartwells. Breakfast, lunch and dinner are served Monday through Friday as well as brunch on Saturday and Sunday. Hours of operation are as follows:

Breakfast - 7:30 am - 9:30 am  
Lunch - 11:30 am - 2:00 pm  
Dinner - 5:00 pm - 7:30 pm  
Brunch: Sat. & Sun. -- 11:00 am - 2:30 pm

Everyone is welcome to dine in the Brady Hall Cafeteria. Other than meal plan participants, purchases will be on a OneCard or cash basis. The food services contract is managed by ICO's Business Office under the direction of Chief Financial Officer, John Budzynski.

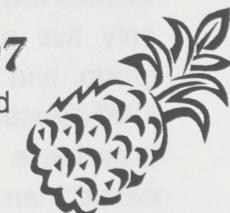
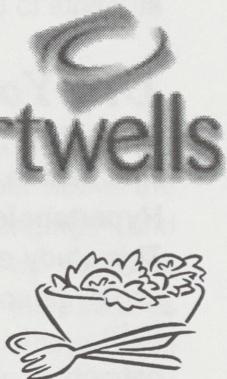
### **Alumni Weekend September 7-9, 2007**

All alumni, students, faculty, and staff are invited to attend Alumni Weekend, September 7-9, 2007.

Highlights of the weekend include:

#### **Friday, September 7<sup>th</sup>**

Class Reunion and Alumni Awards Reception, Banquet and Hospitality Suite at the InterContinental Chicago hotel.



### **Saturday, September 8<sup>th</sup>**

Smart Business Program, 1-4 pm, features "Keys to a Successful Practice" lecture and Recent Graduate Panel.

Student/Alumni Reception with Exhibitors, 4-6 pm, features vendor booths, appetizers, beverages, and raffle prizes.

Polynesian Night, 6-8 pm, features a Luau buffet, Tiki bar, and hula dancers.

**These events will be held on campus and are FREE for students.**

### **Sunday, November 19<sup>th</sup>**

Four hours of non-tested continuing education on campus with lecturers Dr. Bruce Onofrey and Dr. Leo Skorin. The topics will be:

*Clinical Application of Laboratory Tests in Optometry - How NOT to Look Bad in the Lab, Neuro-Ophthalmic Grand Rounds: Cases You Don't Want to Miss, and Intravitreal Injection: What Your Patient Can Expect.*

**CE is FREE for students and faculty.**

To register please complete a registration form and return it to Connie Scavuzzo in the Alumni Office (2nd Floor across from Student Affairs) by August 31st. Look for Registration forms sent via email and distributed in classes and in mailboxes. For more information, please contact Connie at [cscavuzzo@ico.edu](mailto:cscavuzzo@ico.edu) or call 312-949-7080.

Temporary student work study positions available, too. See ad in Classifieds.\*

Hope you'll be able to join us!

Connie Scavuzzo

Director of Alumni Relations

### **Matthews ICO Bookstore Hours**

**Monday - Friday**

9:00 am - 5:00 pm

### **Bulletin Boards**

Interested in posting a notice on the appropriate bulletin board?



Interested in locating an item or event of interest? Use the following index for locations containing bulletin boards designated for a particular use:

**AOA-PAC** - outside the Bookstore

**Campus event calendar** - glass case outside Room 1200 (see Kathy in Student Affairs to get events posted)

**Class Schedules** - column outside the Student Affairs Office

**Financial Aid** - outside the Financial Aid Office

**1<sup>st</sup> year academic related information** - outside Room 1200

**For sale items** - above mailboxes

**Housing (off campus)** - President's Circle Lounge/Mailroom or in a binder in the Student Affairs Office

**Jobs** - column outside the Student Affairs Office (off campus), Financial Aid Office (work-study)

**Note Service** - south wall at library entrance

**Part-time student job opportunities** - column outside the Student Affairs Office

**Registrar's information** - column outside the Student Affairs Office

**RC resident information** - RC entrance

**Student Association news, etc.** -

President's Circle Lounge

**Schedules and Quarterly Dean's List** - column outside the Student Affairs Office

**2<sup>nd</sup> year class** - outside Room 1201

**Social activities** - mailbox area, President's Circle Lounge and class bulletin boards

**Special events board** - outside mailbox area and President's Circle Lounge

**SVOSH** - outside the Bookstore

**3<sup>rd</sup> year class** - outside Room 1202 (upper west entrance)

## **Study Areas**

There are several study areas located on campus designated for studying. Applicable locations and hours are given:

### **Library**

Monday-Thursday	8 am to 12 am
Friday	8 am to 9 pm
Saturday	9 am to 9 pm

Sunday 10 am to 12 am

**Brady Cafeteria**  
Monday - Sunday 7:00 am - 3:00 am

**President's Circle Lounge (Mail Foyer)**  
Monday - Sunday 24 hours

## **Under Construction**

Pardon our dust. Construction has begun on a new Clinical Research area at ICO/IEI. The area will be located next to the Bookstore and will provide space for ICO faculty and students to conduct clinical research.

## **Did You Know?**

### **Dr. Colip**

### **Prevalence of Glaucoma and Ocular Hypertension in Thyroid Orbitopathy**

This study evaluated the prevalence of open-angle glaucoma (OAG), glaucoma suspects (GS) and ocular hypertension (OHT) in patients with thyroid-related immune orbitopathy (TRIO). In this cross-sectional analytic study, 233 eyes of 117 patients with TRIO (case group) and 240 eyes of 120 normal age and sex-matched individuals (control group) underwent complete ocular examinations. Grave's orbitopathy (GO) was diagnosed by clinical examinations with the help of an endocrinologist. Controls were selected among healthy individuals with no history of previous orbitopathy or thyroid diseases.

Prevalence of OAG and OHT was 2.5 percent and 8.5 percent in the case group, respectively. In contrast, OAG was detected in only two eyes (0.8 percent) of the control group, and there were no instances of GS or OHT in the control group. Although the prevalence of OAG and GS were higher in cases than controls, this difference was not statistically significant. However, OHT was more common in cases. Ten eyes in the case group (4.3 percent) developed compressive optic neuropathy (CON); high intraocular pressure (IOP) was detected in five patients (2.1 percent). Active GO was only more prevalent in patients with OHT.

The prevalence of OHT was higher in cases with GO than age- and sex-matched controls. Ophthalmologic examinations including IOP measurement (and, if needed, automated visual fields) should be regularly performed in patients with GO particularly in higher stages and those with active disease.

SOURCE: Behrouzi Z, Rabei HM, Azizi F, et al. Prevalence of open-angle glaucoma, glaucoma suspect, and ocular hypertension in thyroid-related immune orbitopathy. J Glaucoma 2007;16(4):358-62.

## ***Lost and Found***

The lost and found area is located in the Security Office on the second floor above the main entrance. Personal belongings and equipment should be covered by personal insurance policies of students or their parents (homeowners). Students are urged to permanently mark all equipment and personal belongings. The College is not responsible for the loss of personal property.

## ***Student Organizations***

All student organization leaders need to submit a list with box number, phone numbers and email address' of their newly elected officers for 2007-2008 to the Student Affairs Office as soon as possible.

## ***Spotlight on the Library***

by Kathryn Johnston  
Information Systems Librarian

Welcome to the Class of 2011 and welcome back returning students!



The Library and its staff are here to help you. You will need your campus identification card in order to check out Library materials, including items on reserve. Library materials can be renewed online, if you obtain your library user identification number and password from a library staff member. To find Library materials, you can click on LIBRARY

from the TheView, or go to the

- Library's website from on campus:  
<http://icolibrary/library.htm>
- Library's off-campus website:  
<http://library.ico.edu>

The Library provides links to many full-text articles from our website under "Full Text Sources." Some of these journals require you to use a password. Passwords are available after you log into TheView or from the on campus library website.

The Library provides links from PubMed and FirstSearch that indicate whether ICO owns a particular article or book if you access PubMed and FirstSearch from the Library website. If the article is available online through ICO, you can click on the tag and see the online text directly.

Duane's Clinical Ophthalmology is online from the Library's website under "Full Text Sources." The online version will be the most up-to-date as they are no longer printing Duane's, Will's Eye Manual and the PDR are online as well.

### **Fall Quarter Hours**

Monday-Thursday	8 am to 12 am
Friday	8 am to 9 pm
Saturday	9 am to 9 pm
Sunday	10 am to 12 am

Circulation Policies	Time	Overdue Fine
Books (including fiction, audio cassette tapes),	4 weeks	\$1.00/day
Videocassettes, CD-ROMS, and DVDs	1 week	\$1.00/day
Journals and magazines	24 hours	\$1.00/day
Digital camera/ laptop computer/calculators	24 hours	\$1.00/day
Library study rooms	4 hours	
Reserve books and articles, slide tape programs	3 hours	\$1.00/hour

The Library does employ student workers, mostly for evening and weekend hours. Please contact Sandra Engram in the Library workroom if you would like to apply for a position.

#### **Photocopier/Printer/Scanners**

- Black and White Printing and Photocopying with card: \$.08 (either floor)
- Black and White Printing and Photocopying with cash: \$.10 (2nd floor only)
- Color Printing and Photocopying with card: \$.40 (1st floor only)

The coin-op has been moved to the second floor copier. The coin-op accepts \$1 bills for making copies. This does NOT add value to your I-Dollar card.

The Library has put \$25 on the cards of first-third year students, and \$10 for fourth years in a copier/printer account for each student for the coming year. The color copier/printer's default is B&W but you should manually check the print preferences for each printing session. The preferences also allow you to have the pages automatically hole-punched or stapled. Any money left from the Library's card account will be deleted at the end of the school year. The library staff STRONGLY recommends that you use print preview before printing so that you know exactly what you will get for your money.

Both the 1st and 2nd floor photocopiers also can be used as scanners. Please ask Library staff for a lesson on how to scan text or images at no cost.

Good luck in the new school year! We look forward to seeing you in the Library!

## **Medfest**

**United Center**

**Sept 20, 8am – 2pm**

Medfest 2006 was a great success. We expect this year's Medfest to be even bigger and better. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening and prescription glasses or sports goggles if needed.

I am looking for volunteers (ODs, students, staff) to help at Medfest 2007. We will be providing vision screenings at the United Center on September 20th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 6th.

Thanks,

Melissa Sigler, OD

## **Cash for College**

National City is awarding thirty five \$2,000 scholarships across its footprint this year. Simply register your National City Visa Checkcard online at [NationalCity.com/CashforCollege](http://NationalCity.com/CashforCollege), and you will receive an automatic entry per day when you make a non PIN-based transaction. For more information, visit [NationalCity.com/CashforCollege](http://NationalCity.com/CashforCollege) or ask a branch associate for details

## **C L A S S I F I E D S**

### **Work Study Positions Available**

**Immediate Openings**

The Alumni Office is seeking work study students to fill temporary, part-time positions in support of Alumni Weekend, September 7-9. Duties will involve event preparations and promoting Alumni Weekend among our alumni. Days and times are flexible. This is a great opportunity to connect with alumni and

earn some extra cash. If interested, please contact Connie Scavuzzo at 312-949-7080 or [cscavuzzo@ico.edu](mailto:cscavuzzo@ico.edu) or stop by the Alumni Office (2nd floor, across from Student Affairs). Positions will be filled on a first come, first served basis.

#### Looking for Work Study?

I am looking to fill the following positions:

##### Suite Technician -

Mon 8:45-11:30 am - Suite I and II

Mon 3:45 - 6:30 pm - Suite II

Tue 8:45 - 11:30 am - Suite II

Tue 1-4 pm - Suite I

Wed 8:45 - 11:30 am - Suite I & II

Wed 12:45-3:45 pm - Suite I & II

Wed 3:45 - 6:30 pm - Suite I & II

Thu 8:45 - 11:30 am - Suite I & II

Fri 8:45-11:30 am - Suite I & II

Sat 8:45 - 11:30 am - Suite I

##### Confirming & Rescheduling Clerk -

Tue - Fri - any 3 hour time block

##### Front Desk Assistant-

Mon 9-11 am, 4-6 pm

Tue 9-11 am, 4-6 pm

Wed 9-11 am, 1-3 pm, 4-6 pm

Thu 9-11 am

Fri 9-11 am

Sat 9-11 am

Please contact me if you are interested or have any questions about the positions.

1st, 2nd, 3rd or 4th years may work all the positions.

Dr. Rozwat at [arozwat@ico.edu](mailto:arozwat@ico.edu) or x7179

#### TA's in Binocular Vision

We are looking for TA's for the Binocular Vision Disorders lab. The lab times are Mon - Thurs 9:00 - 12:00, and Wednesday from 1:00 - 4:00pm. Contact Dr. Allison at X7336 or Dr. Frantz at X 7281 if interested.

#### Attention 3<sup>rd</sup> and 4<sup>th</sup> year students: Histology Lab TAs needed

The lab schedule for the Fall 2007 Quarter is:

Tuesdays 9:00 – 10:50 and 11:00 – 12:50

Wednesdays 9:00 – 10:50 and 11:00 – 12:50

Thursdays 9:00 – 10:50 and 11:00 – 12:50

If you are interested (please!!!) contact Dr. Bakkum ASAP!!!

Brady 2020

Extension: 7267

Email: [bbakkum@ico.edu](mailto:bbakkum@ico.edu)

## RESIDENCIES

\*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

## SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!  
All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Manitoba Association of Optometry A. H. Basman, O.D. Scholarship</b>	• Manitoba Residents • All Four Years	\$1,000	September 17, 2007

<b>The Greek Women's University Club</b>	<ul style="list-style-type: none"> <li>Female</li> <li>Graduate student</li> <li>One parent of Greek ancestry</li> <li>U.S. Citizen</li> <li>Resident of Chicago metropolitan area</li> <li>Available for in-person interview</li> </ul>	Varies	<b>October 20, 2007</b>
<b>The Paul and Daisy Soros Fellowship for New Americans</b>	<ul style="list-style-type: none"> <li>New American</li> <li>Bachelor's degree</li> <li>First and Second Years</li> </ul>	Maintenance grant of \$20,000 and half of tuition	<b>Online application form, November 1, 07</b> <a href="http://www.pdsoros.org">www.pdsoros.org</a>

The Student Affairs Office has more information, so stop by and check it out.

## FITNESS CORNER

### Fall Group Fitness Classes

The fall group fitness classes will begin Monday, August 27. All classes are held in the gym and are free to students, faculty and staff. Please check the bulletin board outside the gym for the schedule and class descriptions.

### Making Strides Breast Cancer Walk on Sunday, October 21

Breast cancer is not just a women's issue. It could affect any one of us- or mothers, sisters, or friends. American Cancer Society researchers are studying vaccines, genes, and the environment in the search for answers. Join ICO's team as a walker or contributor, and help keep this disease from taking the lives of those we love. Call or e-mail Shelby Lalich at X7460 or [slalich@eyecare.ico.edu](mailto:slalich@eyecare.ico.edu) for details.

### FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would

like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

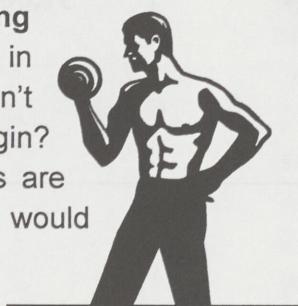
The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE...

Kevin Harris	Box 542
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### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



**FALL QUARTER, 2007/2008**  
**EXAM SCHEDULE**

AUGUST 2, 2007

**ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED**

PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	Second Year	Third Year
Sept 7 F	BHS 116 Human Physiology 1200-1203	BHS 254.1 General Pharmacology I 1201-1202	
Sept 10 M	BHS 120.1 Geo & Theo Optics 1200-1203		
Sept 11 T		BHS 270.1 Ophthalmic Optics I 1200-1203	BHS 360.1 Clinical Medicine 1201-1202
Sept 12 W	BHS 150.1 Biochemistry 1200-1203		
Sept 13 Th		BHS 212 Ocular Physiology 1200-1203	
Sept 14 F	BHS 114 Human Anatomy 1200-1203		CLE 365.2 Contact Lens 1201-1202
Sept 18 T	BHS 106 Histology 1200-1203		
Sept 19 W		CLE 262.1 Optometry 2.1 1200-1203	
Sept 20 TH	BHS 116 Human Physiology 1200-1203		CLE 375 Binocular Vision Disorders 1201-1202
Sept 24 M	BHS 120.1 Geo & Theo Optics 1200-1203		
Sept 25 T		BHS 254.1 General Pharmacology I 1200-1203	BHS 363.2 Ocular Disease 1201-1202
Sept 27 TH		BHS 244 Binocular Vision/Ocular Motility 1200-1203	
Oct 1 M	Cardiovascular Unit 1200-1203		
Oct 2 T		BHS 270.1 Ophthalmic Optics I 1200-1203	BHS 360.1 Clinical Medicine 1201-1202
Oct 3 W	BHS 150.1 Biochemistry 1200-1203		
Oct 4 Th		BHS 212 Ocular Physiology 1200-1203	
Oct 5 F	BHS 114 Human Anatomy 1200-1203		CLE 365.2 Contact Lens 1201-1202
Oct 9 T	CLE 162.1 Intro to Optometric Procedures 1200-1203		
Oct 10 W		BHS 254.1 General Pharmacology I 1200-1203	
Oct 11 TH	BHS 106 Histology 1200-1203		
Oct 15 M	BHS 116 Human Physiology 1200-1203		CLE 375 Binocular Vision Disorders 1201-1202
Oct 16 T		BHS 270.1 Ophthalmic Optics I 1200-1203	
Oct 17 W	BHS 120.1 Geo & Theo Optics 1200-1203		
Oct 18 Th		CLE 262.1 Optometry 2.1 1200-1203	BHS 363.2 Ocular Disease 1201-1202
Oct 19 F	BHS 150.1 Biochemistry 1200-1203		
Oct 23 T	BHS 114 Human Anatomy 1200-1203	BHS 244 Binocular Vision/Ocular Motility 1201-1202	
Oct 29 M	BHS 106 Histology 1200-1203		
Oct 30 T			CLE 380.2 Primary Care Exam 1201-1202
Oct 31 W	BHS 106 Histology Lab Final NOTE Rm 1200 and 1202		

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# Focal Point

C A M P U S N E W S

## Upcoming SA Events:

Flag Football starts this Saturday, September 8th!

The first flag football games will begin this Saturday, so toughen up your defense and huddle up your offense and we'll see you on the field! Games will be played anytime from 12:30 - 3:30pm at the park on the northeast corner of 31st and Indiana Ave. Please come and cheer on your classmates! Contact Vick Chan ([vchan@eyedoc.ico.edu](mailto:vchan@eyedoc.ico.edu)) with any questions!

**Badminton Intramurals start next Monday, September 10th!**

Come watch how badminton is done here at ICO! Games will be every Monday, Wednesday, and Friday in the gym with playoffs starting around October 15th! Please come show your support for your friends!

**Sunday, September 16th: The Student Association Golf Outing**

Tickets were on sale this week. The Golf Outing will include 18-holes of golf, cart, BBQ lunch and adult beverages. Whether you consider yourself a Happy Gilmore or a Tiger

The breezes taste  
Of apple peel.  
The air is full  
Of smells to feel-  
Ripe fruit, old footballs,  
Burning brush,  
New books, erasers,  
Chalk, and such.  
The bee, his hive,  
Well-honeyed hum,  
And Mother cuts  
Chrysanthemums.  
Like plates washed clean  
With suds, the days  
Are polished with  
A morning haze.

- September, John Updike

Woods, come and tee off for a good time!

**Friday, September 21st:  
The 3rd Annual Casino Night**



Welcome to fabulous ICO Vegas! Starting at 7:00 pm, try your luck at the 3rd annual ICO Casino Night. Try your hand at Texas Hold'Em, Blackjack, High-Low or come to watch some Vegas inspired shows. This event sponsors the Student Association Scholarship, so even if your luck runs out you know your money will be going to a good cause. Plus we'll have tons of fabulous prizes for you to win!

We're in need of students to be dealers, pit bosses, and Elvis for the event. Please contact Courtney Krohn ([ckrohn@eyedoc.ico.edu](mailto:ckrohn@eyedoc.ico.edu)) if you're interested in helping.

**Friday, October 20th: BOO Bash**

Mark your calendars and start thinking about your costumes because there is sure to be some tough competition...that is, unless you're afraid! There will be more information to follow.

*Tiffany Andrzejewski  
SA Secretary*

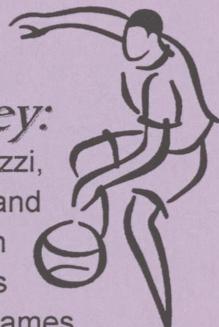
## Congratulations to the 1st year Class Representatives!

Donald Leung and Niam Phan are the newly elected 1st year class representatives and Alicia Nehls is the 1st year Community Service representative! Congratulations goes out to these three fine individuals! We all look forward to working with you!

The Student Association Board

## 3-on-3 Basketball Tourney:

Winners were Jake Tonozzi, Raza Uddin, Tom Cruse, and Nicholas Lillie of the team H2O. These first years played 3 round-robin games



before playing 2 playoff games to take the win of ICO's 3-on-3 Basketball tourney. They played against the 2nd year team, called the Joe Battin team, in the finals to take the win. H2O will be heading off to the Illinois Senator Kwame Raoul's Charity 3-on-3 Basketball tourney taking place this Saturday, September 8th. It's located at the Hyde Park Neighorhood Club, 5480 South Kenwood Ave.

for more info, go to [www.kwameraoul.com](http://www.kwameraoul.com).

Please come and cheer them on!

Vick Chan, Director of Intramurals

## SA Thanks

The Student Association would like to thank the ICO faculty, staff, administration and students for making the ICOlympics such a fun event. Congratulations once again to the Class of 2010, the ICOlympic Champions!

## AOSA 1<sup>ST</sup> Year Reps

Congratulations to the AOSA 1st year reps: Roman Gerber and Karen Lee! A reminder to all first years, please remember to get your membership information into your reps. Health insurance packets are available in the mail room lobby if you're interested. Also, keep your eyes peeled because the AOSA will be selling briefcases in a few weeks!

## Tech Tips

Ahmed Mohammad

### 1) ICO Student, Faculty/Staff

#### Savings

Students, Faculty & Staff save up to 80% off retail through the Student/Faculty

Select program offered by CampusTech.

CampusTech offers discount on Microsoft Office, Windows XP, Symantec etc. Here is the website link <[www.campustech.com/studentfiicu](http://www.campustech.com/studentfiicu)><https://www.shoptrc.com/savings/fiicu/Default.aspx>



### 2) You can purchase a new Dell PC with up to a 12% discount.

To order by phone, call a Dell sales representative at 1-800-695-8133 to assist you with your purchase. If calling, please be sure to mention your Member ID: US58502394 to ensure you get your special discount.

### 3) IS contact procedures.

Phone calls or voice mails to x 7500 or email to [support@ico.edu](mailto:support@ico.edu) are the expected methods for contacting the support team with a problem.

## AAO

Interested in finding out more about the American Academy of Optometry? If you are interested in becoming a member or attending the Academy meeting in October, come to an informational meeting on Wednesday, September 12, room 1200 at 6:00 pm. Guest speaker: Dr. Timothy Tsang. Pizza will be served.

The American Academy of Optometry meeting will be held in Tampa, FL October 24-27, 2007.

Contact AAO Student Cabinet Member for more information: Melissa Zarn - Vice President ([mzarn@eyedoc.ico.edu](mailto:mzarn@eyedoc.ico.edu)).

## **ICO Faculty Receives Research Grants**

Dr. Yi Pang has received a research grant from the Illinois Society for the Prevention of Blindness for her clinical study, A Prospective Pilot Study of Treatment Outcomes for Amblyopia Associated with Myopic Anisometropia, in the amount of \$5,000. This grant will support Dr. Pang to recruit patients who have unilateral amblyopia associated with myopic anisometropia aged 4 to 14 years. This study will cover the following expense for the qualified patient, a pair of glasses made of polycarbonate material, patches, contact lenses and solution.

## **ICO Faculty Exhibits Art Work**

Dr. Dominick Maino, along with more than twenty other Italian-American artists, participated in an art show at the Italian Cultural Center at Casa Italia in Stone Park, IL. Dr. Maino exhibited more than 7 of his photographs during this month long event. The exhibition has now moved to the Addison Town Hall Rotunda and will be there until September 14th. For more information contact Dr. Maino at [dmaino@ico.edu](mailto:dmaino@ico.edu).

## **Did You Know?**

### **Dr. Colip**

#### **Chemodenervation with C. botulinum Toxin Type A to Induce Ptosis for Corneal Protection**

This study evaluated the effectiveness of anterior chemodenervation of levator palpebrae superioris with Clostridium botulinum toxin type A (Botox) to induce temporary ptosis for corneal protection, and assess the incidence of superior rectus underaction. Patients with ocular surface pathology requiring temporary tarsorrhaphy underwent transcutaneous anterior chemodenervation of levator palpebrae superioris with Botox. The onset and duration

of ptosis, corneal healing, and superior rectus underaction was evaluated.

Ten eyes of 10 patients underwent transcutaneous anterior chemodenervation of levator muscle. Five patients had Bell's palsy with exposure keratopathy, four patients had persistent epithelial defect, and one had neurotrophic ulcer. The median age at presentation was 30 years. Median dose of C. botulinum toxin type A injection was 12.5 U. The mean palpebral fissure height of 9 mm before injection, reduced to 2.8 mm at one week post-injection. More than 50 percent reduction in palpebral fissure height was seen in nine out of 10 eyes at one week, seven of nine eyes at two weeks, and two of nine eyes at four weeks, and returned to pretreatment level after mean duration of 9.2 weeks (range 5 to 16 weeks). Superior rectus underaction was not noted in any of the patients. Corneal pathology improved in all cases.

Anterior chemodenervation of levator palpebrae superioris with C. botulinum toxin type A (Botox) induces significant temporary ptosis and aids in corneal healing. Anterior placement of the toxin injection may avoid superior rectus underaction.

SOURCE: Naik MN, Gangopadhyay N, Fernandes M, et al. Anterior chemodenervation of levator palpebrae superioris with botulinum toxin type-A (Botox) to induce temporary ptosis for corneal protection. Eye 2007; May 18 [Epub ahead of print].

## **Constitution Day**

**September 17th**

Stop by the library to see the display on the US Constitution. We will have a video playing in the library lobby beginning the week of Sept 10th.



## *Spotlight on the Library*

by Kathryn Johnston

Information Systems Librarian

### Poster

The latest poster on display in the library lobby is by Dr. Zoltoski and her colleagues from the University of Illinois and Rush University. It is titled: "Sem Analysis of Fiber Membranes in CALPAIN3, 129ALPHA3CX46 and Double Knockout Mice." Stop by the library and read about work done by your faculty.

### VisionCite

The Library has created a unique database in our online catalog called VisionCite. For over twenty years, the library staff has entered the article information and subject headings on all the eye-related articles that are in the Library's magazines and journals. There are now over 230,000 citations in VisionCite on all aspects of vision, eye disease and care, visual problems and related areas.

When you search iLink (our online catalog) at our on campus website at <http://icolibrary/library.htm>, you can see both our books and all these VisionCite article citations. Books have a call number like in the first entry; the second is a VisionCite article.

Details

**RC280 .E9 075 2004      2005**

**Orbital tumors : diagnosis and treatment**

Karcioglu, Zeynel A.

New York : Springer, c2005.

1 copy available at Shepard Library-Illinois College of Optometry in STACKS

Details

**VISIONCITE ARTICLE      2005**

**Ohtsuka**

A review of 244 orbital tumors in Japanese patients during a 21-year period : origins and locations / Kenji Ohtsuka.

Jpn J Ophthalmol Japanese Journal

of Ophthalmology 0021-5155 2005

Jan; 49(1): 49-55.

1 copy available at VisionCite Database in PERIODICAL

VisionCite does overlap with PubMed, but PubMed does NOT cover many optometry journals or journals relating to contact lenses or practice management. For most topics, it is important to search both VisionCite AND PubMed in order to find all of the needed articles.

VisionCite has another advantage—all the articles listed are available in the ICO library in paper or online. From our campus website, click on Full Text Sources to see which ones can be accessed also via the Internet.

VisionCite is available off campus as well at <http://library.ico.edu> but requires a password to search the database. Please contact a library staff member for a VisionCite lesson or to obtain your off-campus VisionCite user id and pin. (The user ID and PIN are also useful for renewing books from home.)

### Photocopier/Printer

The Library's first floor copier (Ricoh-Color) can do color printing or color photocopying for 40 cents. Black and white printing AND copying cost 8 cents. If you do want to do color printing, please change the print properties before you send the job to the printer. Click on the PROPERTIES box by the printer name, and then at the bottom, change the setting from "Black and White" to "Color."

It also is possible to instruct the Ricoh-Color and the 2nd Floor printers to automatically hole punch, print on double sides (duplex), or staple your print jobs from the PROPERTIES box options of your pc.

When using the Ricoh machines as photocopiers, change the settings on the keypad of the photocopier/printer. The Ricoh color



can also do color photocopiers for 40 cents, and both can be set on the keypad for double side, multiple pages on one page, hole punch, staple, and other options.

The Ricoh printer/copiers can also be used as scanners without charge.

- ▶ Choose Global scan.
- ▶ Type in User Name and Password (the same user id and PIN used for logging on to Library computers)
- ▶ Press Login.
- ▶ Type in the desired email address under Manual, or click on search and type in the first three letters of the desired last name, to bring up ICO email addresses.
- ▶ Press Scan Settings, and then File Format to designate PDF, Word, or TIF formats.
- ▶ Scan the desired item by pressing Start.
- ▶ Press # when done with the item, and then press Logout when finished.

PLEASE CONTACT A LIBRARY STAFF MEMBER IF YOU NEED A PERSONAL LESSON!

#### **Item Return**

Please place returned library materials into the slot on the first floor circulation desk. If the item is too big or fragile, please hand the checked-out item to a staff member directly.

#### **AV Equipment**

Students may borrow laptops, camcorders, digital cameras, and other electronic equipment from the second floor media desk. AV equipment can be borrowed for 24 hours unless special permission is obtained.

#### **CD-ROMS and DVDs**

Some of the Library's DVDs and CD-ROMs are being shelved in the front of the Library by the entrance in kiosks or display cases. All may be checked out for one week at a time.

#### **Electronic Books**

The Library offers a wide range of e-books from our website under "More Full Text

Sources." For pharmaceutical information, for instance, we provide the Daily Med: FDA approved package inserts and Ophthalmic Drug Facts. (The PDR now is only available in paper format.)

### ***Internship - American Foundation for the Blind***

The American Foundation for the Blind (AFB) Policy Center is inviting applications for the 2007-2008 AFB Policy and Research internship Program. Located in our nation's capital, the AFB Public Policy Center strives to expand possibilities for people with vision loss by advocating the formulation and implementation of federal legislative, regulatory, legal, research, and funding priorities. Candidates will be pursuing a graduate or professional course of study and possess a demonstrable commitment to people with vision loss or other disabilities.

Each Internship will run six weeks and are likely to include meeting with key congressional and federal agency staff, scheduling Hill and other appointments, preparing briefing materials, newsletters articles, fact sheets for website, coalition meetings, and policy research. Housing is provided.

Internships are offered throughout the year. To apply send a resume or CV along with a letter of interest via e-mail to [mrichert@afb.net](mailto:mrichert@afb.net). Your materials must include the academic program in which you are enrolled and/or which will commence within the year, issues of particular interest to you, preferred start date, one academic or professional reference and an expression of your personal sense of how participation in the internship fits within your overall career objectives. See Kathy in the Student Affairs Office to view the original letter from the AFB for this Internship and for start dates.



## *Medfest*

United Center

Sept 20, 8am – 2pm

Medfest 2006 was a great success. We expect this year's Medfest to be even bigger and better. The Special Olympics Lions Club International Opening Eyes Vision Program was created in response to the fact that people with developmental disabilities need quality vision care, but often have no access or are denied treatment. Participants will receive a comprehensive vision and eye health screening and prescription glasses or sports goggles if needed.

I am looking for volunteers (ODs, students, staff) to help at Medfest 2007. We will be providing vision screenings at the United Center on September 20th, 8:00am-2:00pm. Any help would be greatly appreciated. If interested let me know by Sept 6th.

Thanks,

Melissa Sigler, OD ([msigler@ico.edu](mailto:msigler@ico.edu))



## CLASSIFIEDS

### Work Study

Work Studies needed in Advanced Care.

Hours - Mon thru-Wed: 9am -1pm

Friday: 9am-1pm

Tues, Wed, Fri: 1pm-4:30pm

Mon thru Fri: 4pm-7pm

Duties include making appointment, filing, rescheduling appointment, visual fields, answering phones, and pulling insurances.

A great working experience! Please contact Olga Saucedo in Advanced Care at extension 7220.

### Work Study Research

Work-Study assistance needed for eye-movement research including working with research patients and analysis of research data. If interested please contact Dr. Schlange at X7284 or [dschlang@ico.edu](mailto:dschlang@ico.edu). Flexible work schedule.

## RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

## SCHOOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Manitoba Association of Optometry</b> A. H. Basman, O.D. Scholarship	<ul style="list-style-type: none"> <li>• Manitoba Residents</li> <li>• All Four Years</li> </ul>	\$1,000	September 17, 2007

<b>Acorn Equality Fund &amp; The Luke Scholarship</b>	<ul style="list-style-type: none"> <li>• GLBT or Children of GLBT parents</li> <li>• Downstate Illinois (not Cook, DuPage, Grundy, Kane, Lake, McHenry and Will)</li> </ul>	\$500 to \$4,000	October 5
<b>Optometry Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Submit project: Integrate the "Healthy Sight Counseling" theme into everyday practice</li> <li>• Can use presentations, papers, videos, posters or community outreach</li> <li>• All students eligible</li> </ul>	Ten \$500 scholarships	October 10 For more information: <a href="http://en-us.transitions.com/professionals/partners/">http://en-us.transitions.com/professionals/partners/</a>
<b>Transitions® Healthy Sight for Life Fund</b>			
<b>The Greek Women's University Club</b>	<ul style="list-style-type: none"> <li>• Female</li> <li>• Graduate student</li> <li>• One parent of Greek ancestry</li> <li>• U.S. Citizen</li> <li>• Resident of Chicago metropolitan area</li> <li>• Available for in-person interview</li> </ul>	Varies	October 20, 2007
<b>The Paul and Daisy Soros Fellowship for New Americans</b>	<ul style="list-style-type: none"> <li>• New American</li> <li>• Bachelor's degree</li> <li>• First and Second Years</li> </ul>	Maintenance grant of \$20,000 and half of tuition	Online application form, November 1, 07 <a href="http://www.pdsoros.org">www.pdsoros.org</a>
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"> <li>• 4<sup>th</sup> year</li> <li>• Write a case report that incorporates the use of any Alcon product</li> </ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Making Strides Breast Cancer Walk on Sunday, October 21

This year, hundreds of thousands of people will hear the words "You have breast cancer," and there's a good chance that some of them will be people we know and love. Again this year, Illinois College of Optometry has chosen to fight back against this disease and help make a difference by participating in the American Cancer Society Making Strides Against Breast Cancer walk ... and I hope you will join our team.



Making Strides is a non-competitive five-mile walk that takes place in more than 100 cities across the country. Hope starts with me and it can continue with you. Please join our team and walk with us to experience an incredible day of inspiration and meaning, and to provide hope for all people facing breast cancer.

#### Event Details:

Sunday, October 21, 2007  
Chicago Lakefront at Lawrence  
Registration: 8:00 am  
Walk: 9:00 am -12:00 pm

### **Massage Therapy at ICO**

On Wednesday, September 12 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

#### **Massage pricing is as follows:**

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

### **FREE Personal Training**

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

### **YOUR TRAINERS ARE...**

Kevin Harris      Box 542

### **FREE Fitness Services**

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### ***Eye on Wellness***

It's Never too Late to Start Living Healthfully. Researchers reviewed data on nearly 16,000 adults ages 45 to 64 who participated in an atherosclerosis study. They found that adopting a healthy lifestyle in middle age could still substantially cut the risk of disease and premature death. Participants who ate many fruits and vegetables a day, exercised a few hours per week, maintained a healthy body mass index, and quit smoking after age 45 saw a 35 percent reduction in the incidence of cardiovascular disease and a 40 percent reduction in mortality compared with people with less healthy lifestyles.

*This information is provided by Consumer Reports on Health.*



## Club Members/Representatives for 2007 - 2008

<b>Club</b>	<b>Position</b>	<b>Name</b>	<b>Box</b>
<b>Student Association</b>			
	President	Billi Prinzen	314
	President-Elect	Courtney Krohn	564
	Secretary	Tiffany Andrzejewski	483
	Rachael Beatty	Treasurer	423
	Director of Community Service	Laura MacDonald	391
	Director-Elect of Community Service	Jennifer Durst	525
	Community Service Representative	Alicia Nehls	100
	Director of Notetaking	Melissa Zarn	462
	Director-Elect of Notetaking Service	Lindsay Sicks	620
	Director of Intramural	Vick Chan	506
	Head RA	Casey Bartz	304
	4th Year Class Rep.	Scott Collings	144
	4th Year Class Rep.	Vanessa Wong	273
	3rd year Class Rep.	Shilpa Shah	437
	3rd year Class Rep.	Aaron Ledford	379
	2nd year Class Rep.	Kristin Bertelsen	494
	2nd year Class Rep.	Michael Landy	566
	1st year Class Rep	Donald Leung	81
	1st year Class Rep	Niam Phan	116
	AOSA Trustee	Natalka Manastersky	392
	AOSA Trustee-Elect	Nikki Henricksen	546
	Immediate Past-President	Nana Owusu	211
<b>American Academy of Optometry Students</b>			
	President	Grace Tran	256
	Vice President	Melissa Zarn	462
	Secretary	Valencia Lo	387
	Treasurer	Priscilla Pappas	414
	3rd Year Class Rep	Erica Ittner	362
		Teresa Sanchez	431
	2nd Year Class Rep	James Sloan	627
		Mark Burke	503
	Recruiter	Jason Barnes	490
		Candace Oto	589
	1st Year Class Rep	TBA	
	Faculty Advisor	Dr Mary Flynn Roberts	
<b>American Optometric Student Assoc.</b>			
	Trustee-Elect	Nikki Henricksen	546
	Trustee	Natalka Manastersky	392
	1st Year Rep.	Roman Gerber	44
	1st Year Rep.	Karen Lee	78

## Club Members/Representatives for 2007 - 2008

<b>Club</b>	<b>Position</b>	<b>Name</b>	<b>Box</b>
American Public Health Assoc.	Local Liaison	Betsy Wright	276
<b>Beta Sigma Kappa Honorary Society (BSK)</b>			
	President	Kobie Lee	381
	Vice President	Mai Luu	390
	Secretary	Jane Yam	460
	Treasurer	Carol Fan	337
<b>Canadian Club</b>	Prime Minister	Peter DiPasquale	330
	Prime Minister	Azzrahh Thobani	443
	Faculty Advisor	Dr. Zoltoski	
<b>Contact Lens Society</b>			
	President	Allison Walz	454
	Vice President	Valencia Lo	387
	Secretary	Katherine Kwan	376
	Treasurer	Priscilla Pappas	414
	Publicist	Jamie Ho	359
	Lunch & Learn	Stephanie Cohen	322
	Lunch & Learn	Megan Mosley	402
	Lunch & Learn	Callie Peotter	418
	Lunch & Learn	Kelly Martin	394
	Workshop	Teresa Sanchez	431
	Workshop	Aaron Ledford	379
	Bouncer	Justin Bloomberg	310
	Faculty Advisor	Dr. Renee Reeder	
<b>College of Vision Development Extension Prog (COVD)</b>			
	COVD Liaison	Allison Walz	454
	Faculty Advisor	Dr. Christine Allison	
<b>Fellowship for Christian Optometrists</b>			
	President	Molly Walker	453
	President Elect	Kevin Harris	542
	Secretary	Lisa Lansink	421
	Treasurer	Cathy Ong	411
	Faculty Advisor	Dr. Kelly Frantz	
<b>Gold Key Honorary Society</b>			
		Kim Goss	164
		Nana Owusu	211
		Meagan Petraitis	224
		Grace Tran	256
		Aaron Werner	269
		Vanessa Wong	273
<b>ICO Mentors &amp; Tutors</b>			
	Drake Liaison	Courtney Krohn	564
	Faculty Advisor	Beth Karmis	

## Club Members/Representatives for 2007 - 2008

<b>Club</b>	<b>Position</b>	<b>Name</b>	<b>Box</b>
<b>Local Liaisons</b>			
	Armed Forces Optometric Society (AFOS)	Steve Gutierrez	539
	American Optometric Association Political Actions Committee (AOA-PAC)	Cory Springstroh	622
	American Public Health Association (APHA)	Emily Thompson	634
	Association of Regulatory Boards of Optometry (ARBO)	Achyut Desai	327
	Association of Schools and Colleges of Optometry (ASCO)	Candace Oto	589
	College of Optometrists in Vision Development (COVD)	Allison Walz	454
	Contact Lens and Cornea Section (CLCS)	Stephanie Cohen	322
<b>Multicultural Club</b>			
	President	Corwin Li	383
	Vice President	Sarah Jang	363
	Secretary	Nadia Rutayisire	429
	Treasurer	Le Duong	324
	Community Liaison	Miranda Mok	401
	Faculty Liaison	Shu Phung	603
	Activities Coordinator	Kitty Kwan	376
	3rd Year Class Rep	Jane Yam	460
	2nd Year Class Rep	Linda Phan	602
	Fundraising Chair	tbd	
	Board Helper	tbd	
	1st Year Class Rep	tbd	
<b>National Optometric Student Association (NOSA)</b>			
	President	Erica Ittner	362
	Corresponding Secretary	Gloria Estrada	336
	Recording Secretary	Han Le	
	Treasurer	Jonathan Hebda	354
	Parliamentarian	Nadia Rutayisire	429
<b>Private Practice Club</b>			
	President	Jen Hunsader	361
	Vice President	Ryan Socwell	439
	Secretary	Sarah Ebeling	367
	Treasurer	Adam Drees	332

## Club Members/Representatives for 2007 - 2008

<b>Club</b>	<b>Position</b>	<b>Name</b>	<b>Box</b>
<b>RC Staff</b>			
	Head Resident Assist.	Casey Bartz	304
	1st Floor RA	Vick Chan	506
	2nd Floor RA	Michelle Zickel	649
	3rd Floor RA	Katherine Stola	626
	RC Programming Coord	Patrick O'Brien	409
	Applicant Host Coord	Justin Jue	364
	RC I.S. Coord.	Matthew Hendrickson	356
<b>Student Volunteers in Optometric Service to Humanity (SVOSH)</b>			
	President	Casey Bartz	304
	President-Elect	Michelle Zickel	649
	Secretary	Vick Chan	506
	Treasurer	Christina Estrada	529
	Fundraising Chair	Allison Walz	454
	Letter Writing Chair	Susan Ung	642
	Local Mission Chair	Jen Hunsader	361
	3rd Year Rep.	Michael Menconi	398
	3rd Year Rep.	Kelly Martin	394
	2nd Year Rep.	Ruhee Dhalla	521
	2nd Year Rep.	Ashley Scheurer	612
	1st Year Rep.		
	1st Year Rep.		
	Past President	Brian Dowling	151
	Faculty Advisor	Tracy Matchinski	
<b>Tomb &amp; Key Honorary Society</b>			
	President	Albert Choi	141
	Vice President	Anita Han	187
	Secretary	Michael Leung	382
	Treasurer	Miranda Mok	401
	Sergeant of Arms	Nick Doyle	152
	Keeper of the Archives	Megan Mosley	402
<b>Wisconsin Club</b>	President	Chris Schnelle	234
<b>Yearbook 2008</b>	Representative	Meagan Petraitis	224



# Focal Point

## C A M P U S   N E W S

### Did You Know?

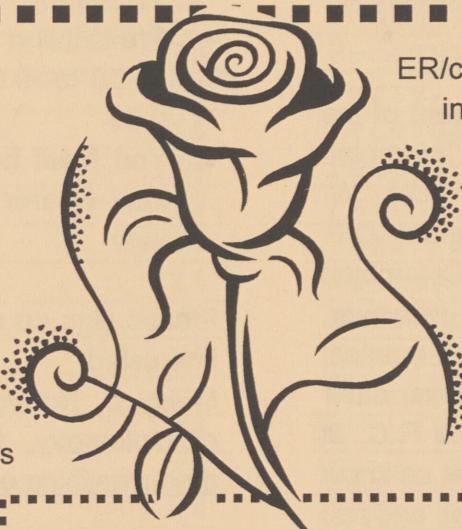
**Dr. Colip**

#### Cataract: Window for Systemic Disorders

Cataract is the leading cause of visual handicap throughout the world, and almost all elderly individuals develop lens opacities. Epidemiological studies have shown that nuclear cataracts in young adults are associated with higher mortality.

Many cataractogenic stressors induce endoplasmic reticulum (ER) stress, which in turn induces the unfolded protein response (UPR). The UPR can damage or kill a wide range of cell types and may be involved in many human diseases. Cataract can be considered a window that can indicate the presence of systemic disorders. This is important because cataract is easily detected during a routine ocular examination. The slightest opacity in any region of the lenses, especially in younger patients, may be a sign of systemic disorders.

Earlier detection of systemic disorders can save the lives of patients. If this hypothesis is correct, then elimination of known



ER/cataractogenic stressors from individuals with cataracts should be one of the first steps for treatments of the systemic disorders.

**SOURCE:**  
Shinohara T, White H, Mulhern ML, Maisel H. Cataract: Window for systemic disorders. *Med Hypotheses* 2007; Mar 3 [Epub ahead of print].

'Tis the last rose of summer,  
Left blooming alone;  
All her lovely companions  
Are faded and gone.

- Thomas Moore, *The Last Rose of Summer*, 1830

### Hotel Reservations

#### 4th Year Students

I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY early. Last year many students were able to reserve rooms in hotels in the Midway airport area.

### Briefcase Sale

The AOSA is having its annual briefcase sale fundraiser next week, Sept. 24 - 27. A table will be set up from 12 - 2 pm with all the different styles. Cost is \$60. All funds raised go towards student travel reimbursements for the AOA Convention in Seattle.

Niki Henriksen, AOSA Trustee-elect

## *News From the Multicultural Association (MCA)*

MCA would like to congratulate its new officers:

Fundraising chair: Mary Buneta

Board Helper: Dimple Soni

1st year class rep: Roxana Colón

A warm welcome from the board to our new members who are already doing a great job!

### **Upcoming Events**

MCA is happy to present its first event of the quarter. We will be going to a Columbian restaurant: La Brasa Roja, at 3125 W. Montrose Ave, on Saturday, September 22<sup>nd</sup>. It's well known all over town for its Columbian style whole roasted chicken. However, vegetarians can also enjoy the fried manioc, the red beans and rice as well as other delicious items. We will meet at the R.C. at 4.30 pm and would love for you to let us know if you can help with the driving. Taxes and tips are covered for all members so if you're not a member yet, now is the time to join!

SALSA LESSONS are coming your way ICO! If you didn't really know what the right moves were so far, now is your chance to learn! MCA is hosting a salsa/cumbia dance lesson in partnership with our neighbors at IIT.

Date and time: Friday, October 5th starting at 6.30 pm

Place: MTCC ballroom at IIT

Refreshments will follow at ICO in the BC Lobby at 8:30 pm

That's it guys. We hope you can join us so take some time off your busy schedule and come have fun before it's too late!

Nadia Rutayisire, MCA Secretary.

## *Participate in Study*

### **To All Students, Faculty, Staff:**

Do you currently wear SOFT TORIC contact lenses or have family members that do?

Do you want to help provide a learning

experience for our student clinicians?

We are looking for patients to participate in our workshop on Sunday, October 14, 2007.

- You will be compensated \$50 for your time
- You will be sitting as patients during this time while students fit various toric contact lenses
- Must be present entire time (10am to 12:30 pm)
- Prescription Requirements: Sphere Power +4.00 to -9.00; Cylinder Power -0.75 to -2.50
- You must be a current soft toric contact lens wearer with a prescription within a year

Please sign up in the Cornea clinic if you are interested.

Mindy C. Nguyen, O.D., Assistant Professor of Optometry, Office: 312.949.7189, Email: [mnguyen@ico.edu](mailto:mnguyen@ico.edu)

## *Dean's List*

The following full-time students achieved superior academic performance during the Summer 2007 quarter by earning a quarterly grade point average of 3.50 or better and no grade below a "B" and/or Honors (H) in all Patient Care courses:



Anand, Radha	Y4
Anderson, Nicholas T.	Y4
Barsness, Bobbie L.	Y4
Bartz, Casey C.	Y3
Baruch, Kathryn	Y4
Bastermajian, Paul H.	Y4
Begotka, Brandon A.	Y3
Bernardi, Charles R.	Y4
Beyersdorf, Kavit L.	Y3
Bhullar, Reena	Y4
Budahn, Michael S.	Y4
Burke, Robert E.	Y4
Bush, Eileen M.	Y4
Carby, Tamla M.	Y4
Choi, Jamie H.	Y4

Christensen, Krystal A.	Y3
Clark, Brian M.	Y4
Cohen, Stephanie L.	Y3
Collings, Scott B.	Y4
Derango, Lucas J.	Y4
Dhillon, Manveer K.	Y4
Dodgen, Anne E.	Y3
Dokken, Seth A.	Y4
Domino, Lisa	Y4
Dowling, Brian M.	Y4
Doyle, Nicholas R.	Y4
Drees, Adam J.	Y3
Eck, Jonathan A.	Y3
Engstrom, Stacie L.	Y4
Erdman, Nathaniel M.	Y4
Fleming, Patrick J.	Y4
Flynn, William J.	Y3
Frassato, Sarah L.	Y4
Graff, Genine M.	Y4
Gruszka, Melinda L.	Y3
Gula, Jennifer M.	Y4
Han, Anita M.	Y4
Harberts, Brent S.	Y4
Hebda, Jonathan E.	Y3
Heineman, Brooke J.	Y4
Howell, Marvin A.	Y4
Huynh, Emily T.	Y4
Ittner, Erica A.	Y3
Jang, Un-Sun Sarah	Y3
Jison, Louis Raymond A.	Y4
Jones, Jordan P.	Y4
Kappell, Paul C.	Y4
Kluss, Marlene M.	Y3
Kosir, Michael F.	Y3
Lam, Natalie L.	Y4
Lee, Kelly J.	Y4
Leung, Michael	Y3
Lindsay, Elizabeth R.	Y3
Lingk, Johanna K.	Y4
Lloyd, Crystal G.	Y4
Logisz, Catherine S.	Y3
Luu, Mai N.	Y3
MacDonald, Laura S.	Y3
Manastersky, Natalka A.	Y3
Markowitz, Michelle	Y4
Martinez, Keshia	Y4
Menza, Kimberly A.	Y3
Miskov, Melissa A.	Y4
Moly, Miranda J.	Y3
Montcalm, Laurie I.	Y4
Mus, Danny	Y4

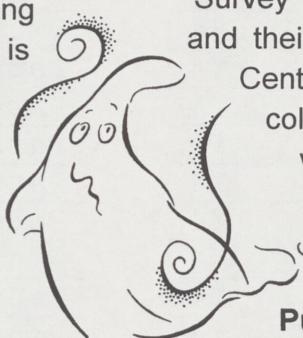
Myung, Joseph J.	Y4
Nosi, Iva	Y3
O'Brien, Patrick J.	Y3
Owusu, Nana Y.	Y4
Pappas, Priscilla A.	Y3
Park, Jenny Joo-Won	Y3
Parsons, Jami B.	Y3
Patel, Mital B.	Y4
Patel, Shreya N.	Y4
Patterson, Leslie E.	Y3
Pavone, Christopher	Y4
Penney, Rachel L.	Y4
Peotter, Callie M.	Y3
Perry, Ellen S.	Y3
Peterson, Shelley J.	Y4
Petraitis, Meagan J.	Y4
Phipps, Renee G.	Y4
Pott, Emily M.	Y4
Prinzen, Billi Jayne	Y3
Safratowich, Susan	Y3
Schiefer, Steven P.	Y4
Schuchard, Kristen N.	Y4
Schultz, Ryan M.	Y4
Sera, Nina J.	Y4
Shallwani, Kelly S.	Y4
Shoudis, Jennifer L.	Y4
Smith, Kimberly D.	Y4
Sparing, Callie E.	Y4
Stephens, Andrea M.	Y4
Strombeck, Tracey J.	Y4
Tetting, Ryan P.	Y4
Mobhani, Azzrah	Y3
Thompson, Michaela J.	Y4
Tomlin, Samantha P.	Y4
Tran, Grace	Y4
Tran, Trisha	Y4
Ursetta, Carla A.	Y4
Vandendool, Andrea J.	Y4
Veire, Evan J.	Y4
Vien, Lee Q.	Y4
Walker, Mathew T.	Y4
Walz, Allison S.	Y3
Warren, Elizabeth A.	Y4
Wei, Jolyn	Y4
Werner, Rex A.	Y4
Wheatley, Jennifer L.	Y4
Wheeler, Janet A.	Y4
Williams, Stacy A.	Y3
Wittrock, Andrea J.	Y3
Wong, Vanessa	Y4
Wright, Elizabeth B.	Y4

## **BOO Bash!**

**Friday, October 20th**

Mark your calendars and start thinking about your costumes because there is sure to be some tough competition...that is, unless you're afraid! There will be more information to follow.

Tiffany Andrzejewski, SA Secretary



## **Tech Tips**

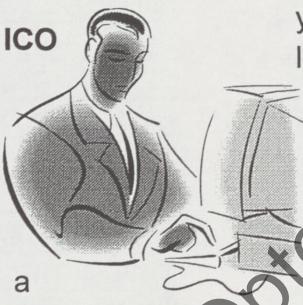
**Ahmed Mohammad**

### **How to Set A Home Page**

To set a Web page as your home page (The starting point when a browser first connects to the Internet), first go to the Web page that you'd like to use. Internet Explorer users, click Tools in the Menu bar followed by Internet Options. Click the Use Current button in the Home Page section. Netscape users, click Edit, then Preferences, then Navigator. You'll see a Home Page section in the middle of the dialog box. Click the Use Current Page button to set your home page.

**Here is the website link for ICO Phone directory.**

<http://twp.ico.edu>



### **ICO Phone Tip**

How to automatically call the sender after listening to a message: After listening to the message, press 9 to call the sender

## **Spotlight on the Library**

*by Kathryn Johnston*

*Information Systems Librarian*

### **Introducing our New Librarian**

We would like to welcome our new Serials/Indexing Librarian, Darlene Ward. She is responsible for our journals and magazines, indexing for VisionCite, providing evening reference service and supervising our work study students. Darlene previously worked for the Stroger Hospital library and we are very happy to have her here at ICO. Please come by and meet our newest librarian!

### **New Poster in Library Lobby**

"Survey of Schools/Collaborative Optometry and their Affiliations with Community Health Centers" by Dr. S. Block and her colleagues from the AOA. Please come view our faculty member's research but direct any questions to the authors.

### **PubMed**

PubMed indexes all of the medical literature and is produced by the National Library of Medicine. It does not cover all the optometric and contact lens journals, however, since PubMed emphasizes disease rather than refraction, fitting or management issues. For complete coverage, it is important to search ICO's VisionCite article index (in our catalog, iLink) and PubMed.

If you link to PubMed through the Library's website, PubMed will inform you automatically if ICO subscribes to the journals found by your search. We have added links so that if you see the "GET IT AT ICO" icon, the link will lead to the fulltext article, if it is available. If it is not available online, there may still be a link for "ICO IN PRINT" that indicates if we have the paper version so that you can get it from the periodicals on the second floor of our library. If a needed article or book is not available in our Library, there is a link from "GET IT AT ICO" that will allow you to make an document delivery (interlibrary loan) request. We will obtain the item for you from another library.

Please contact a librarian if you need assistance researching either PubMed or the Library's catalog, iLink and VisionCite.

### **Library Renewals**

You may renew your own materials if you sign on to the Library website at <http://icolibrary/library.htm> on campus or off campus at <http://library.ico.edu> and click on iLink, and My Account. You also can find the Library's iLink catalog from the library links

from TheView. You will need your user ID and PIN, which can be obtained by emailing us at [cshepard@ico.edu](mailto:cshepard@ico.edu) or by talking to any fulltime library staff member. You can renew library materials by telephoning the Library at 312-949-7158. If your library item is needed by another patron or for reserves, you will not be able to renew that particular item and must return it to the Library.

### Scanners

The Library has two HP scanners connected to computers in the first floor library computer laboratory. OCR (optical character recognition) software is installed as well. Omnipage 15 allows you to scan a document into Word so that you can edit the text. This is very helpful when you have a print of a document but have lost the actual file. The scanners can also be used for scanning images within copyright limits.

It also is possible to scan documents using the two Ricoh photocopier/printers and then email the scanned document as a Word, Excel, or PDF file. Please ask the fulltime staff for assistance if you are unsure on how to use the scanners.

### Internet Laptop Access

Each carrel in the library is equipped with an

orange or black network jack (RJ45). If your laptop has a network jack or a PCMCIA network card, you can log into the internet at any carrel in the Library. The second floor Media Circulation desk has network cables that you may borrow for a day. Please let the Library Director, Gerald Dujisk, know if you have any problems.

## CLASSIFIEDS

### Media Production

Student needed to work in Media Production to assist with slide scanning, photo scanning, DVD-duplication, and occasional photo or video of weekend events. We are willing to train the student. We expect you to work a 2-4 hour block of time during regular business hours, up to 15 hours per week. Contact Tory Cichy at ext 7157 or by email at [vcichy@ico.edu](mailto:vcichy@ico.edu).

## RESIDENCIES

\*For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

## SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Acorn Equality Fund &amp; The Luke Scholarship</b>	<ul style="list-style-type: none"><li>GLBT or Children of GLBT parents</li><li>Downstate Illinois (not Cook, DuPage, Grundy, Kane, Lake, McHenry and Will)</li></ul>	\$500 to \$4,000	October 5
<b>Optometry Scholarship Program</b>	<ul style="list-style-type: none"><li>Submit project: Integrate the "Healthy Sight Counseling" theme into everyday practice</li><li>Can use presentations, papers, videos, posters or community outreach</li><li>All students eligible</li></ul>	Ten \$500 scholarships	October 10 For more information: <a href="http://en-us.transitions.com/professionals/partners/">http://en-us.transitions.com/professionals/partners/</a>
<b>Transitions® Healthy Sight for Life Fund</b>			

<b>The Greek Women's University Club</b>	<ul style="list-style-type: none"> <li>Female</li> <li>Graduate student</li> <li>One parent of Greek ancestry</li> <li>U.S. Citizen</li> <li>Resident of Chicago metropolitan area</li> <li>Available for in-person interview</li> </ul>	Varies	<b>October 20, 2007</b>
<b>The Paul and Daisy Soros Fellowship for New Americans</b>	<ul style="list-style-type: none"> <li>New American</li> <li>Bachelor's degree</li> <li>First and Second Years</li> </ul>	Maintenance grant of \$20,000 and half of tuition	<b>Online application form, November 1, 07</b> <a href="http://www.pdsoros.org">www.pdsoros.org</a>
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"> <li>4<sup>th</sup> year</li> <li>Write a case report that incorporates the use of any Alcon product</li> </ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	<b>January 31, 2008 – to Student Affairs Office</b>

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Making Strides Breast Cancer Walk on Sunday, October 21

This year, hundreds of thousands of people will hear the words "You have breast cancer," and there's a good chance that some of them will be people we know and love. Again this year, Illinois College of Optometry has chosen to fight back against this disease and help make a difference by participating in the American Cancer Society Making Strides Against Breast Cancer walk ... and I hope you will join our team.

Making Strides is a non-competitive five-mile walk that takes place in more than 100 cities across the country. Hope starts with me and it can continue with you. Please join our team and walk with us to experience an incredible day of inspiration and meaning, and to provide hope for all people facing breast cancer.



#### Event Details:

Sunday, October 21, 2007  
Chicago Lakefront at Lawrence  
Registration: 8:00 am  
Walk: 9:00 am -12:00 pm

T-shirts are no longer available, but you can still participate in the walk. Contact Shelby Lalich at [slalich@ico.edu](mailto:slalich@ico.edu) for more information.

#### Massage Therapy at ICO

On Wednesday, October 3 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

### **Massage pricing is as follows:**

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

### **FREE Personal Training**

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

#### **YOUR TRAINERS ARE...**

Kevin Harris	Box 542
Chris Pavone	Box 220

### **FREE Fitness Services**

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

## ***Eye on Wellness***

### **Meditation Improves Attention**

Regular meditation practice has many positive effects. Studies have shown that it can strengthen the immune system,



reduce stress, increase feelings of well-being and even help preserve brain tissue. In addition, a recent study finds that meditation trains the mind to process information more efficiently, thereby improving practitioners' ability to pay attention to multiple stimuli while not in a meditative state.

When most people are presented with a series of fast-changing visual images, they are unable to notice each individual image, because the mind tends to "hold on" to an initial image, causing later ones to be missed. Scientists describe this tendency as an "attentional blink". In contrast, expert meditators can release thoughts more quickly and are better able to detect subsequent stimuli in a series. This information is provided by IDEA Fitness Journal.



ILLINOIS COLLEGE OF OPTOMETRY

FALL, 2007

## SCHEDULE OF FALL QUARTER FINAL EXAMS

September 17, 2007

	Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOVEMBER 3	MOVEMBER 5	NOVEMBER 6	NOVEMBER 7	NOVEMBER 8	NOVEMBER 9	NOVEMBER 10
9:00 – 11:00	BHS 114 Human Anatomy	BHS 244 Binocular Vision	CLE 162.1 Optometric Procedures	CLE 262.1 Optometry 2.1	BHS 116 Human Physiology	CLE 270.1 Ophthalmic Optics	BHS 120.1 Geo and Theo Optics
11:30 – 1:30	BHS 254.1 Pharmacology	BHS 106 Histology				BHS 150.1 Biochemistry	BHS 212 Ocular Physiology
1:45 – 3:45		CLE 375 Binocular Vision Disorders			BHS 363.2 Ocular Disease III		
2:15 – 4:15	CLE 365.2 Contact Lenses II						BHS 360.1 Clinical Medicine

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE  
MONDAY, NOVEMBER 12 AND TUESDAY, NOVEMBER 13.**



# Focal Point

## C A M P U S N E W S

### *ICO Faculty Receive Grant*

Drs. Yi Pang, Geoffrey Goodfellow, Kelly Frantz, and Christine Allison have received a research grant from the CIBA vision for their clinical study, A Prospective Pilot Study of Treatment Outcomes for

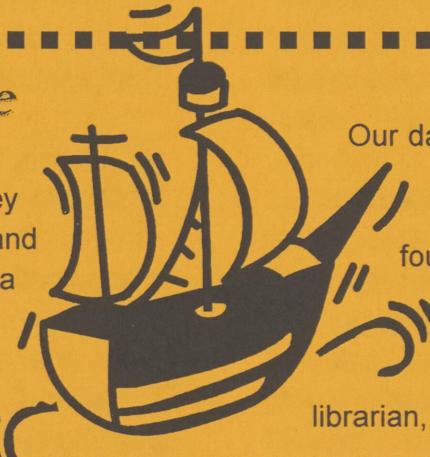
Amblyopia Associated with Myopic Anisometropia, in the amount of \$3,750. The grant receivers would like to thank Dr. Jurkus for providing the valuable information and the great help. This grant will support them to recruit patients who have unilateral amblyopia associated with myopic anisometropia aged 4 to 14 years. This study will cover the following expenses for a qualified patient; a pair of glasses made of polycarbonate material, patches, contact lenses and solution.

### *Spotlight on the Library*

by Kathryn Johnston

Information Systems Librarian

October is National Medical Librarians' Month! Celebrate by using your library and taking advantage of our expert research assistance. Take a look at the display in the library lobby. Visiting optometrists and ophthalmologists inform us that ICO has the most comprehensive vision and eye library in the country—better than the University of Chicago or Harvard University.



Christopher Columbus  
Sailed the ocean blue  
In fourteen hundred

And ninety-two  
Jumping Rope Rhyme

Our database index, VisionCite provides access to more than 232,000 article citations, many of them not found in PubMed or other sources.

We also want to invite you to meet our new Serials/indexing librarian, Darlene Ward. She will be working 2:00-10:00 pm Mondays-Thursdays, and Fridays 9:00-5:00 pm and we are happy to have her here.

#### **Journals, Magazines and Newspapers**

The Library keeps its most recent issues of journals and magazines on display on the first floor. The older magazines and journals are shelved on the second floor. They are arranged alphabetically by their full title, such as Journal of the American Optometric Association, so "of" and "the" count in their ordering. A few journals are known officially by their acronyms, so JAMA for instance is under "ja" not Journal of the...

The most recent newspapers are kept on racks on the second floor. The Library subscribes to the week day issues of The Wall Street Journal, The Chicago Tribune, and The Chicago Sun-Times.

Magazines, newspapers and journals, including bound volumes, may be checked out for 24 hours, and renewed as needed.

### **Do you commute?**

We have continuing education on tape/CD/MP3! The Library has programs from the College of Vision Development meetings on cassette, audio CD and as MP3 files on a DVD. We also subscribe to the Audio Digest of Ophthalmology which sends bi-monthly CDs of lectures on topics such as "Challenges in Neuro-ophthalmology," "Retinal Disease," or "Glaucoma Assessment and Management." The sound recordings can be checked out for a week and renewed.

### **Interlibrary Loan and Purchase Requests**

If you need an article, book, CD or other publication, we would be happy to get it for you on interlibrary loan. The ICO Library is a member of several library groups, including the international Association of Vision Science Libraries, ILLINET (a consortium of Illinois libraries), and OCLC (a world wide organization for sharing library materials.) We also welcome requests for purchasing new books, magazines, videos and other materials. We try to buy everything that has to do with eyes or vision, or other materials if they would benefit students and faculty. For instance, we bought a subscription to Cosmopolitan after students requested more "fun" reading at the Library.

### **Did You Know?**

#### **Dr. Colip**

#### **Long-Term Color Vision Loss After Mercury Vapor Exposure**

The color vision of 24 subjects who worked in fluorescent lamp industries was assessed with the Farnsworth D-15 test (D-15) and with the Lanthony D-15d test (D-15d). They had been occupationally exposed to mercury vapor ( $10.6 \pm 5.2$  years) and had been away from the source of exposure for  $6.4 \pm 4.04$  years. Members of a control group (36 subjects) were subjected to the same tests. Inclusion criteria for both groups were Snellen visual acuity of 20/30 or better and absence of known ophthalmologic pathologies.

Mean urinary concentration of mercury was

$40.6 \pm 36.4$  mcg/g creatinine during or up to one year after exposure and  $2.71 \pm 1.19$  mcg/g creatinine at the time of color vision testing or up to one year thereafter. All 24 patients were diagnosed with chronic mercury intoxication, characterized by clinical symptoms and neuropsychological alterations. Significant differences were found between the two eyes of the patients in both tests. Results for the worst eye were also different from controls for both color vision tests.

As shown in previous studies, the D-15d proved more sensitive than the D-15 for the screening and diagnosis of the color discrimination losses. Since color discrimination losses were still present many years after the end of exposure, they may be considered irreversible, at least under the conditions of the present study.

*SOURCE: Feitosa-Santana C, Costa MF, Lago M, Ventura DF. Long-term loss of color vision after exposure to mercury vapor. Braz J Med Biol Res 2007;40(3):409-14.*

### **Attention: Third Year Students**

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 4 and 5, 2007 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

### **Workstudy Changes**

There are some changes to the Work Study Program.

Effective October 1, 2007, all paperwork pertaining to hiring (I9, W4, IL-W4, and Student Workstudy Authorization) is to be submitted to Ms. Deanna Polakowski in Human Resources, room 2725B. The Financial Aid Office will continue to handle all financial aid questions and problems, including adjustments to your workstudy allowance.

**SUPERVISORS PLEASE NOTE:** Do not send timesheets to the Financial Aid Office or back to the student. Once you have signed the timesheet you are to send it to the Business Office.

## **SA News**

### **Boo Bash**

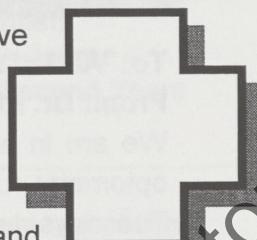
Get your costumes ready because ICO's annual Boo Bash is right around the corner! Boo Bash will be Friday, October 19th at Bar Chicago. It will start at 8:30 pm and cost of admission is \$7. Get your costumes ready because you won't want to miss out! Prizes will be awarded for best costumes so get creative! More details will be coming soon from your class reps. See you there!



### **Blood Drive**

ICO will be holding a blood drive Tuesday, October 9th in the gym from 9:00am-2:30 pm in cooperation with the American Red Cross. Walk-ins are welcome so please come out and donate!

~ Student Association



## **MCA News**

Don't forget that the salsa and cumbia lessons are this Friday, October 5<sup>th</sup>.

- 6:30-7:00 pm salsa and cumbia lessons in MTCC ballroom at IIT
- 7:00-8:30 pm free dancing
- 8:30-9:30 pm refreshments and reception will be hosted in the RC lobby.

We will meet in front of room 1200 to walk over to IIT together. The MTCC is the big building right at 33rd Street and State. The ballroom is in the South-West corner of the building.



### **Movie Night**

We are having a movie night Friday, October 12th starting at 7:30 pm in 1200. We will be serving Indian appetizers. The cost is \$5 for members and \$7 for non-members.

"WATER (2007) is the final film in Mehta's trilogy on the elements, following FIRE (1996) and EARTH (1998). In pre-independent India, set against the backdrop of Mahatma Gandhi's rise to power, eight-year old child-bride Chuyia hears of her husband's death. Her father, following custom, exiles her to a widow's ashram where she is meant to live out her days. Chuyia's feisty presence starts to affect the lives of the other residents, in particular 20-year-old Kalyani (Lisa Ray of Bollywood/Hollywood), 35-year-old Shakuntala (Seema Biswas of BANDIT QUEEN) and an 80-year-old whose days are waning. Encouraged by Chuyia, Kalyani (who serves as the ashram's breadwinner) breaks tradition and falls for young upper-class Gandhian idealist Narayan (Bollywood star John Abraham), forcing the widows to question their future and faith. Even Chuyia is caught in the wind of change."

Please join us for these fun events if you can.  
Nadia Rutayisire, MCA secretary.

### **Tech Tips**

Ahmed Mohammad

#### **Creating Task in GroupWise:**

Benefit of creating task:

A task is your on-screen 'post it', a visual reminder of those important jobs that must be completed within a specific time frame.

**Click on the Task link** in your menu bar. The Create Task screen will appear.

1. To create a task enter the subject and task details. Tasks can be created for yourself or assigned to other people. If you assign a task to another person, enter their email address in the Assign To field by either typing their address or selecting their address from a contacts folder.
2. You can set the start and due date. The priority level of a task can also be set.

3. As with creating a Message, you can Check Spelling, Add Attachments, Cancel or Save.

NOTE: If you have assigned the task to someone a task request email will be sent. This email will allow the assignee to respond by accepting or declining responsibility.

#### **How to Change an email to an appointment or a task in Groupwise**

- 1) Double click on an email
- 2) Click on edit
- 3) Click on "Change to" and select appointment or Task

#### **Board of Trustees Visit ICO**

The ICO Board of Trustees will be on campus Thursday and Friday, October 11 and 12<sup>th</sup> attending various committee meetings. Students are encouraged to stop and say hello to board members if they see them in the hallway. Student Association directors and class representatives will be attending the Board Student Affairs Committee to offer their input on Thursday, October 11 at 9:30 am to 10:45 am in the Library Conference Room. They are inviting students to attend this years meeting.

#### **ICO Faculty to Exhibit Art in Wisconsin**

Dr. Dominick Maino will be one of several Beloit College alumni who will be exhibiting a number of his photographs at the college's art gallery during the upcoming reunion this October. Dr. Maino was one of the first alumni artists' to exhibit his work at the gallery when the *Gallery ABBA* first opened a few years ago. Beloit College is located in Beloit, WI and recently was named one of the top 100 liberal art colleges in the country by US News & World Report. For more information go to <http://www.beloit.edu> and <http://galleryabba.com>.

## **Hotel Reservations**

### **4th Year Students**

I know you think it is early, but have you reserved hotel rooms for commencement week for you and your family? If not, please do so ASAP. That is a very busy weekend in Chicago because of the restaurant convention. Many hotels, especially in the downtown area, book up VERY early. Last year many students were able to reserve rooms in hotels in the Midway airport area.

## **SVOSH**

### **Directions to the SVOSH chamber:**

Take the south stairs outside of the library to the top floor. Walk straight, into Brady Hall, and turn right down the hallway to Room 3016. Check the board outside of Room 1200 for SVOSH chamber hours. Hope to see you there!

## **C L A S S I F I E D S**

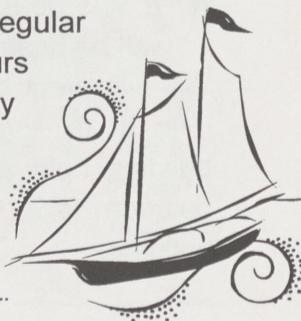
**To: All 3rd and 4th year students**

**From: Dr. PIHOS and Dr. Stone**

We are in need of lab TAs for the 2nd year optometry course. The labs are scheduled on Tuesdays 1-5 pm, Wednesdays 2-6 PM and Thursdays 2-6 pm. Please EMAIL ONLY DR. PIHOS if you are interested in a TA position. Please include the day and time you are available to TA as well as your box number in the email. Thanks!!

### **Media Production**

Student needed to work in Media Production to assist with slide scanning, photo scanning, DVD- duplication, and occasional photo or video of weekend events. We are willing to train the student. We expect you to work a 2-4 hour block of time during regular business hours, up to 15 hours per week. Contact Tory Cichy at ext 7157 or by email at [vcichy@ico.edu](mailto:vcichy@ico.edu).



## R E S I D E N C I E S

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

## S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Optometry Scholarship Program</b>	<ul style="list-style-type: none"><li>Submit project: Integrate the "Healthy Sight Counseling" theme into everyday practice</li><li>Can use presentations, papers, videos, posters or community outreach</li><li>All students eligible</li></ul>	Ten \$500 scholarships	October 10 For more information: <a href="http://en-us.transitions.com/professionals/partners/">http://en-us.transitions.com/professionals/partners/</a>
<b>Transitions® Healthy Sight for Life Fund</b>			
<b>The Greek Women's University Club</b>	<ul style="list-style-type: none"><li>Female</li><li>Graduate student</li><li>One parent of Greek ancestry</li><li>U.S. Citizen</li><li>Resident of Chicago metropolitan area</li><li>Available for in-person interview</li></ul>	Varies	October 20, 2007
<b>The Paul and Daisy Soros Fellowship for New Americans</b>	<ul style="list-style-type: none"><li>New American</li><li>Bachelor's degree</li><li>First and Second Years</li></ul>	Maintenance grant of \$20,000 and half of tuition	Online application form, November 1, 07 <a href="http://www.pdsoros.org">www.pdsoros.org</a>
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"><li>4<sup>th</sup> year</li><li>Write a case report that incorporates the use of any Alcon product</li></ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office

The Student Affairs Office has more information, so stop by and check it out

## F I T N E S S C O R N E R

### Making Strides Breast Cancer Walk on Sunday, October 21

This year, hundreds of thousands of people will hear the words "You have breast cancer," and there's a good chance that some of them will be people we know and love. Again this year, Illinois College of Optometry has chosen to fight back against this disease and help make a difference by participating in the American Cancer Society Making Strides Against

Breast Cancer walk ..and I hope you will join our team.

Making Strides is a non-competitive five-mile walk that takes place in more than 100 cities across the country. Hope starts with me and it can continue with you. Please join our team and walk with us to experience an incredible day of inspiration and meaning, and to provide hope for all people facing breast cancer.

**Event Details:**

Sunday, October 21, 2007

Chicago Lakefront at Lawrence

Registration: 8:00 am

Walk: 9:00 am -12:00 pm

T-shirts are no longer available, but you can still participate in the walk. Contact Shelby Lalich at [slalich@ico.edu](mailto:slalich@ico.edu) for more information.

**Massage Therapy at ICO**

On Wednesday, October 17 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter. Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

**FREE Personal Training**

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

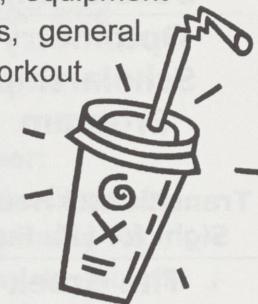
**YOUR TRAINERS ARE...**

Kevin Harris	Box 542
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Chris Pavone	Box 220
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**FREE Fitness Services**

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

***Eye on Wellness*****Put Down the Soda**

Soda drinkers who down one or more cans of pop a day, even if it is diet, may be at greater risk for conditions that set the stage for heart disease. In a 4-year study of 6,039 people, those who drank at least one soft drink daily were 44 percent more likely than infrequent soda drinkers to develop a cluster of conditions, including obesity and high blood sugar, that can lead to cardiovascular disease. This was true whether they drank regular or diet drinks. Researchers aren't finding soft drinks to be the actual cause of increased heart risk, but there are several theories to explain the connection. One thought is that people who routinely drink sweet beverages may overindulge in other sweets as well, increasing the risk of obesity.

This information is provided by *Consumer Reports on Health*



# Focal Point

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## C A M P U S N E W S

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### Multifocal Workshop

Sponsored by

CooperVision

Sunday, Dec. 9, 2007

10:00 am to 12:30 pm

Do you currently wear or are interested in BIFOCAL contact lenses? Do you want to help provide a learning experience for our student clinicians?

We are looking for patients to participate in our workshop who will sit as patients while students fit various bifocal contact lenses. You must be present the entire time and your prescription must be within 1 year. You will be compensated with a \$50 gift card for your time.

If interested, please contact Dr. Jennifer Harthan at [jharthan@ico.edu](mailto:jharthan@ico.edu) or ext. 7137

### ~ FIVE LITTLE PUMPKINS SITTING ON A GATE ~

Five little pumpkins  
sitting on a gate,  
The first one said,  
"Oh my, it's getting late."  
The second one said,  
"But we don't care."  
The third one said,  
"I see witches in the air."  
The fourth one said,  
"Let's run, and run and run."  
The fifth one said,  
"Get ready for some fun."  
Then whoosh went the wind,  
and out went the lights,  
And five little pumpkins  
rolled out of sight!

### Clicker Upgrades for First Year Class

On Monday, November 19, Mr. Dujcik will replace your TurningPoint clicker with a new model. The new model has a LED screen. We will exchange your old clicker for the new one. After Monday, you can stop by the library workroom and exchange your clicker there. This is a no charge upgrade for you. If you have lost your first clicker, you will be charged \$45 for the new one.

### World Sight Day Thanks!

A big thank you to the generous students, faculty, and staff who donated money on WORLD SIGHT DAY, with proceeds going to Optometry Giving Sight. ICO raised over \$1500, more than any other school! Please visit the website ([www.givingsight.org](http://www.givingsight.org)) for more information.

## Academy

Please note the following events for students/residents in attendance at the Academy meeting. These events are free (i.e. free food and drink) unless otherwise noted.

### ★ Wednesday, Oct. 24th:

**Student Welcome Reception** 5-6 pm  
(location TBA)

### ★ Thursday, Oct. 25th:

**Student Networking Luncheon**, Noon - 1:30 pm (location TBA)

**Illinois State Chapter Meeting and Reception** 6:00 to 7:30 pm (Tampa Marriott Riverside, Mtg. Rm. 9)

**Note:** ICO Student Travel Awards will be distributed at the Illinois State Chapter meeting.

### ★ Friday, Oct. 26th:

**ICO Alumni Reception** 7:00 - 8:30 pm  
(Florida Ballroom IV)

**Australia Party** 8:30 - 11:00 pm (location TBA)

### ★ Saturday, Oct. 27th:

**Annual Academy Banquet** 7:00-11:00 pm  
(location TBA)

\*This event is not free but free tickets will be distributed to students at various events during the meeting.

In addition, there are many CE courses, symposia, poster and paper sessions, and business receptions available to students. See more detailed information at [www.aaopt.org](http://www.aaopt.org) under Meetings, Tampa 2007.

*Mary Flynn Roberts, OD, FAAO  
mflynn@eyecare.ico.edu*

## SA Message

I hope that this finds everyone well with the motivation to get through these last few weeks of the quarter! As the end of the quarter draws near, please keep

the following in mind:

Please be respectful of your colleagues as finals approach by keeping voices down while using the library.

Also, please take advantage of the opportunity to provide constructive feedback to our professors by spending a few minutes filling out the Faculty/Course Evaluations that are provided to us. Student feedback helps in the evaluation of courses, instructors and facilitates improvements to the courses for future students.

As always, your SA officers are here to help. Please contact us with any questions or concerns.

I wish each one of you the very best on practicals and finals in the upcoming weeks!

*Billi Prinzen, Class of 2009  
Student Association President*

## 12 Bars

Mark your calendars! 12 Bars is just around the corner. It will be Saturday, December 15 in Lincoln Park. Sign-ups for t-shirts and the event will be held when winter quarter begins. Details coming soon...

Thanks,  
*Kristin Bertelsen*

## Did You Know?

### *Dr. Colip*

### **Visual Impairment in People with Psychotic Disorder**

The aim of the study was to investigate in a general population the prevalence of impaired habitual visual acuity (VA) and self-reported difficulties in vision among people with different psychotic disorders. A nationally representative sample of 6,663 people aged 30 or



older whose binocular VA for distance and near vision was measured with current spectacles. Diagnostic assessment of DSM-IV psychotic disorders used both SCID interview and case note data. Lifetime ever diagnoses of psychotic disorders were classified into schizophrenia, other non-affective psychotic disorders and affective psychoses.

After adjusting for age and sex, results showed that schizophrenia was associated with significantly increased odds of having visual impairment for distance and near vision, while other psychotic disorders were not. Self-reported problems in VA were more common in people with schizophrenia and other non-affective psychotic disorders than in the remaining study sample. Only 43.9 percent of those with schizophrenia, compared with 69.7 percent in the total study sample, had had their vision examined during the five years before the VA measurement.

Because those with schizophrenia receive vision exams substantially less frequently than others, their vision is notably weaker. Regular ocular evaluations should be included in physical health monitoring of patients with psychotic disorders.

SOURCE: Vierthio S, Laitinen A, Perala J, et al. Visual impairment in persons with psychotic disorder. *Soc Psych Psychiatr Epidemiol* 2007; Sep 10 [Epub ahead of print].

## Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library Hours During November

(check our website and sign for changes)

Friday, Nov. 2	8:00 am-Midnight
Saturday, Nov. 3	9:00 am-Midnight
Sunday, Nov. 4	10:00 am-Midnight

Monday, Nov. 5-	
Friday, Nov. 9	8:00 am-Midnight
Saturday, Nov. 10	8:00 am-5:00 pm
Sunday, Nov. 11	Closed

Monday, Nov. 12-	
Friday, Nov. 16	8:00 am-5:00 pm
Saturday, Nov. 17	9:00 am-5:00 pm
Sunday, Nov. 18	Closed
Monday, Nov. 19	8:00 am-Midnight
Tuesday, Nov. 20	8:00 am-Midnight
Wednesday, Nov. 21	8:00 am-3:00 pm
Thu - Sun, Nov. 22-25	Closed

### Winter Quarter Library Job Opening

The Library opens at 7:00 am on quiz days. We have a job opening for the Winter Quarter to cover those days that the 2nd year students have exams and quizzes.

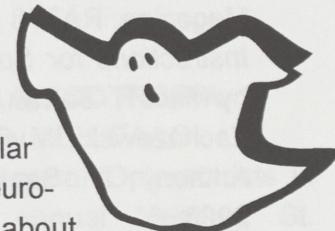
Also, we have an opening on Fridays, from 5:00-9:00 pm available. We provide training.

Please contact Darlene Ward at [dward@icu.edu](mailto:dward@icu.edu) or ext. 7151 if interested in these positions.

### Scary Reading

Can anything be scarier than ocular disease or neuro-ophthalmology? What about

Stephen King's *The Shining* or Mary Higgins Clark's *A Stranger Is Watching?* Going trick-or-treating? Maybe you should read *The Poisoned Chocolates Case* by Anthony Berkeley first.



The Library has a collection of donated paperbacks and audiotapes for your reading and listening pleasure. The fiction and nonfiction books are shelved in the carrel by the first floor computer room and in a shelving area on the eastern corner of the second floor. They all have the call numbers RRCF (for Recreational Reading Collection Fiction) or RRCN (Nonfiction). The audio tapes are shelved behind the second floor Media desk. They can be checked out and renewed for four weeks at a time. Perfect for travel or dark and stormy nights!

## National Medical Library Month

Please help us celebrate National Medical Library Month by viewing the posters on the display board in the Library! The Librarians, (Gerald Dujcik, Sandra Engram, Darlene Ward, and Kathryn Johnston) and staff (Correne Biela, Irma Chavez, and Ruba Ibrahim) are here to help you. Please contact us if we can assist you in your research or information needs, or even in reading for pleasure.

## New Books

In addition to our purchases relating to vision and eye care, the Library just received a donation of all the books in the former campus Wellness Center. Titles cover women's health, exercise and fitness, emergency care, and herbal and alternative medicine.

- *Women's Health & Wellness 2004: Real Life Solutions* from the Editors of Health Magazine. RA778.W66 2003
- *Instructions for Sports Medicine Patients*, by Marc R. Safran, David A. Stone, James Zachazewski; with contributions by Anthony J. Saglimbeni. RC1210.S218 2003
- *Stretching*, by Bob Anderson. RA781.63.A527 2000
- *Hormones, Health, and Happiness: a Natural Medical Formula for Rediscovering Youth*, by Steven F. Hotze, with Kelly Griffin. RA776.5.H68 2005
- *Smart nutrition: the Essential Vitamin, Mineral & Supplement Reference Guide*. RA784.B873 2002
- *Caring for Women with Circumcision: a Technical Manual for Health Care Providers*, by Nahid Toubla; with foreword by Donna Shalala and introduction by Allan Rosenfield. RG104.2.T68 1999
- *Genes and Common Diseases*, by Alan Wright, Nicholas Hastie ; foreword by David J. Weatherall. RB155.W75 2007
- *Sports Vision: Vision Care for the Enhancement of Sports*

*Performance*, by Graham B. Erickson. RE960.E74 2007

- *Fundus Fluorescein and Indocyanine Green Angiography*, Amresh Chopdar. RE79.A5 C46 2007
- *Spanish and the medical Interview: a Textbook for Clinically Relevant Medical Spanish*, by María del Pilar Ortega Hernández. [Includes DVD with video clips of physician/patient exchanges in Spanish, with optional Spanish and English subtitles.] RC65.O78 2007
- *Developing Health Promotion Programs*, by David J. Anspaugh, Mark B. Dignan, Susan L. Anspaugh. RA427.8.A57 2006
- *Panoramic Ophthalmoscopy: Optomap Images and Interpretation*, by Jerome Sherman and others. RE78.P36 2007

Happy National Medical Library Month and Happy Halloween! We look forward to your haunting the Library!

## Tech Tips

Ahmed Mohammad

### How to set a Home Page in Internet Explorer:

To set a Web page as your home page (The starting point when a browser first connects to the Internet), first go to the Web page that you'd like to use. Internet Explorer users, click Tools in the Menu bar followed by Internet Options. Click the Use Current button in the Home Page section. Netscape users, click Edit, then Preferences, then Navigator. You'll see a Home Page section in the middle of the dialog box. Click the Use Current Page button to set your home page.

**ICO online Phone directory webpage**

[www.twp.ico.edu](http://www.twp.ico.edu)

**ICO GroupWise email web address**

<http://eyecare.ico.edu>

**Split your window to view two**

## **areas at the same time (Word 97/2000/2002/v. X/2003)**

You can easily split the window of your Word documents. This enables you to view one area of the document while making changes to another. For example, if you're writing the conclusion to a document, you may want to refer back to the introduction to ensure you cover all of the main points. To split the window, go to Window | Split. Your cursor automatically turns into a split pointer. Click where you want the screen to split (except in v. X, in which the screen automatically splits in the center of the page without a click). You can adjust the split by clicking and dragging the dividing line up or down. To remove the split screen, go to Window | Remove Split.

Here's a shortcut for creating and removing a split window: Double-click the small rectangle above the vertical scrollbar on the right side of the screen. This automatically splits the window equally. Double-click on the dividing line to remove the split. If you want to make one area of the split window larger than the other, drag from the small rectangle to the point where you want the split. To remove the split, you can double-click the dividing line, or you can drag it all the way to the top or bottom of the editing window.

Ahmed

## ***Chicago Area Schweitzer Fellows Program***

Albert Schweitzer left his career as a philosopher and musician to attend medical school, specifically to provide medical care to the needy in Africa. Originally delivering health care out of a chicken coop, he eventually set up hospital in Lambarene, Gabon, and committed himself to an ethical ideal of "reverence for life." In this spirit, 30 health-related students are selected each year to design a community service project in Chicago or Suburbs. 200 hours of service are expected and Fellows receive \$2000 both to underscore the seriousness of

their work and to ensure that students who are already struggling financially are not discouraged from participating. Interested students should reflect on the unmet health-related needs that currently exist in Chicago and on the ways in which their own energies and talents might contribute, even in small ways, to ameliorating some of these problems. Applications must be received by 5pm on Friday, February 1, 2008, preferably by e-mail attachment. More information can be found in the Student Affairs Office or contact [rwang@hmrg.org](mailto:rwang@hmrg.org).

## ***LASIK and Binocular Vision***

Dr. Dominick Maino is presenting a poster at the College of Optometrists in Vision Development this week. (See abstract below). Full poster should be available in the library soon. In the meantime, if you have any questions about LASIK and binocular vision problems, please ask Dr. Maino the next time you see him!

### **POST LASIK DIPLOIA & ESOTROPIA**

Dominick M. Maino, OD, MEd, FAAO

Presented at the College of Optometrists in Vision Development Annual Meeting, St. Petersburg, FL, 10/07

#### **Abstract**

#### **Background**

A recent PubMed search yielded only 5 case reports and 2 studies (one with 7 patients, the other 38 patients) noting the occurrence of post LASIK diplopia and strabismus. Although these 7 papers all stated that potential refractive surgery patients should be preoperatively warned of the risk of significant post surgical disruption of the binocular vision system, many of these post-refractive patients continue to develop diplopia and strabismus.

#### **Case Report**

PA is a 39 y/o WM referred to the Illinois Eye Institute for a visual efficiency evaluation with complaints



of diplopia that worsens when looking at distance and with night driving. He also had complaints of blurred vision, eyestrain, squinting, uncomfortable reading and that he covered an eye when viewing objects. These symptoms first started approximately 3 years ago after LASIK surgery for myopia. His medical history was otherwise unremarkable. PA's initial unaided VAs were 20/20- OD, OS with diplopia being experienced OU. A small amount of hyperopia was noted. The oculomotor evaluation revealed an intermittent 3PD intermittent esotropia at distance and a 25PD intermittent esotropia at near. Fusional ranges at far and near were significantly reduced but he did exhibit stereopsis with the Randot Forms. PA was given a multifocal prescription with 1BO each eye and told to return for follow-up. At the follow-up assessment (not completed by the author) he was still diplopic. No VT was recommended and the prescription was changed, removing the prism. Two weeks later, the paper's author evaluated PA, placed 3BO Fresnel Prisms over each eye and recommended a course of computerized home vision therapy because he could not participate in in-office therapy at this time. Five months later (PA had been out of the country traveling), he returned for follow-up. At this evaluation, although the diplopia was reduced in frequency, it was still present on an intermittent basis. A 14-16 IET was seen. After wearing the BO Fresnel Prism for several weeks, PA noted significant improvement in both visual acuity and binocularly. The prism was then ground into a new pair of spectacles and given to the patient for full time wear. In office optometric vision therapy was recommended, but declined by the patient at this time.

#### Conclusion

Even though several case reports and limited research have been published recommending a comprehensive assessment of the binocular vision system prior to refractive surgery, few patients receive

such an evaluation. Optometrist will continue to diagnose and treat these post refractive surgically induced binocular vision anomalies so that our patients can achieve single, clear, comfortable and binocular vision. This case illustrates not only the challenges but also the positive outcomes of working with an adult with surgically induced diplopia and strabismus.

#### RC Fridges

The RC has many mini fridges still for sale. Sizes range from small, medium, and large. Prices range from about \$20-50. These make great additions to family rooms, wet bars, anywhere in the house! If you're interested in one, please contact Casey Bartz at x7808 (cbartz@eyedoc.ico.edu).

#### Attention: Third Year Students

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 4 and 5, 2007 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

#### C L A S S I F I E D S

To: All 3rd and 4th year students

From: Dr. Pihos and Dr. Stone

We are in need of lab TAs for the 2nd year optometry course. The labs are scheduled on

Tuesdays 1-5 pm, Wednesdays 2-6 PM and Thursdays 2-6 pm. Please EMAIL ONLY DR. PIHOS if you are interested in a TA position.

Please include the day and time you are available to TA as well as your box number in the email. Thanks!!



## RESIDENCIES

residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

\*For more detailed information regarding

## S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>The Greek Women's University Club</b>	<ul style="list-style-type: none"> <li>Female</li> <li>Graduate student</li> <li>One parent of Greek ancestry</li> <li>U.S. Citizen</li> <li>Resident of Chicago metropolitan area</li> <li>Available for in-person interview</li> </ul>	Varies	October 20, 2007
<b>The Paul and Daisy Soros Fellowship for New Americans</b>	<ul style="list-style-type: none"> <li>New American</li> <li>Bachelor's degree</li> <li>First and Second Years</li> </ul>	Maintenance grant of \$20,000 and half of tuition	Online application form, November 1, 07 <a href="http://www.pdsoros.org">www.pdsoros.org</a>
<b>Dr. Leslie Mintz Scholarship Foundation</b>	At least one of the following <ul style="list-style-type: none"> <li>Intend to practice in NJ</li> <li>Member of NJ Society of Optometric Physicians</li> <li>Previously resided in NJ</li> </ul>	Varies	November 30, 2007
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"> <li>4<sup>th</sup> year</li> <li>Write a case report that incorporates the use of any Alcon product</li> </ul>	\$1,000 to each schools winner, National winner: Add'l \$5,000	January 31, 2008 – to Student Affairs Office
<b>Chicago Area Schweitzer Fellows Program</b>	<ul style="list-style-type: none"> <li>Health professions, Graduate level-degree in Chicago Area</li> <li>Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life</li> <li>Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report</li> </ul>	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
<b>HOYA Vision Care Grant and Scholarship Program</b>	3 <sup>rd</sup> and 4 <sup>th</sup> Year Submit Patient Case Study involving HOYA products	\$1,000 National Winner get an addt'l \$6,000	April 1 <sup>st</sup> to Student Affairs

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Making Strides Breast Cancer Walk on Sunday, October 21

This Sunday Illinois College of Optometry has chosen to fight back against breast cancer and help make a difference by participating in the American Cancer Society Making Strides Against Breast Cancer walk.

Making Strides is a non-competitive five-mile walk that takes place in more than 100 cities across the country.

#### Event Details:

Sunday, October 21, 2007

Chicago Lakefront at Lawrence

Registration: 8:00 am

ICO Meeting Time and Place: Next to T-shirt sales tent at 8:30 am

Walk: 9:00 am -12:00 pm

T-shirts are no longer available, but you can still participate in the walk. Contact Shelby Lalich at [slalich@ico.edu](mailto:slalich@ico.edu) for more information.

### Massage Therapy at ICO

On Wednesday, October 31 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

#### Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

### FREE Personal Training

The ICO Fitness Center offers FREE personal training. Our trainers are available on an

appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE...

Kevin Harris	Box 542
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Chris Pavone	Box 220
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### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### Eye on Wellness

#### Slim Differences in Weight-Loss Plans

If you've suspected that all diet plans have pretty much the same results, a new analysis says you are right. A study done by colleges at the Tufts-New England Medical Center looked at 46 weight-loss diets studies totaling nearly 12,000 participants. The research indicated that the average weight loss was just 6%-about 10 to 15 pounds-and most dieters regained all of the weight they had lost within five years. No diet significantly bettered that average, nor did weight-loss drugs. But don't get discouraged. Even a small temporary weight reduction is likely to have important health benefits such as delaying the onset of diabetes.

This information is provided by *Tufts University Health and Nutrition Letter*.





# Focal Point

## C A M P U S   N E W S

### Poinsettia Sale

Looking for a festive holiday decoration? The ICO Academy Student Chapter has the answer - the Annual Poinsettia Sale!

Stop by the table outside 1200 during the lunch hours November 26-30 to purchase your Poinsettias. Delivery will be Thursday December 6 - plenty of time to enjoy your lovely Poinsettias throughout the holidays. Proceeds from the sales support Student Travel Grants for the Academy Meeting. This year's travel grant recipients were Emily Pott and Lee Vien.

### ICO Thanksgiving Food Drive!

Get in the spirit of giving and graciously support the local St. James Food Pantry this Thanksgiving! High unemployment levels and the increasing scarcity of affordable food items has increased the need of food pantries this year. Please bring any of your non-perishables, especially peanut butter and personal items like toiletries, toothpaste & shampoo. Anything you can give is appreciated!!

Bins are located in front of the SA Board in

**November comes  
And November goes,  
With the last red berries  
And the first white snows.**

**With night coming early,  
And dawn coming late,  
And ice in the bucket  
And frost by the gate.**

**The fires burn  
And the kettles sing,  
And earth sinks to rest  
Until next spring.**  
- Clyde Watson

the President's Lounge & the RC Lobby.

Jennifer Durst, Class 2010  
Student Association  
Community Service  
Director Elect

### Did You Know?

**Dr. Colip**  
**The Etiology of Steroid Cataract**

Steroid-induced posterior subcapsular cataracts (PSCs) exhibit three main distinctive characteristics: association only with steroids possessing glucocorticoid activity, involvement of aberrant migrating lens epithelial cells and a central posterior location.

The first characteristic suggests a key role for glucocorticoid receptor activation and subsequent changes to the transcription of specific genes. Glucocorticoid receptor activation is associated in many cell types with proliferation, suppressed differentiation, a reduced susceptibility to apoptosis, altered transmembrane transport and enhancement of reactive oxygen species activity. Glucocorticoids may be capable of inducing changes to the transcription of genes in lens epithelial cells that are related to many of these cellular processes. Given that the

glucocorticoid receptor can also engender wide-ranging indirect activities, glucocorticoids could also indirectly affect the lens through the responses of other cells within the ocular compartment and/or through effects on cells at more remote locations. These indirect mechanisms could be mediated through alterations to the intraocular levels of growth factors that normally orchestrate lens development and maintain lens homeostasis.

Although the mechanism of steroid cataract induction remains unknown, glucocorticoid-induced gene transcription events in lens epithelial cells and also other intraocular or systemic cells likely interact to generate steroid cataracts. Evidence for glucocorticoid-protein adduct formation in the lens is inconclusive, but the generation of such adducts cannot yet be discounted as a contributing factor and must necessarily be retained in discussions of the etiology of steroid cataract.

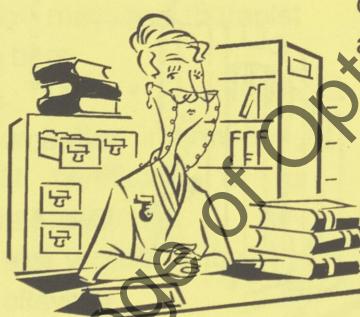
SOURCE: James ER. The etiology of steroid cataract. *J Ocul Pharmacol Ther* 2007; Sep 27 [Epub ahead of print].

## Spotlight on the Library

by Kathryn Johnston  
Information Systems Librarian

Library Hours during November

(check our website and sign for changes)



Friday, Nov. 2	8:00 am-Midnight
Saturday, Nov. 3	8:00 am-Midnight
Sunday, Nov. 4	10:00 am-Midnight
Monday, Nov. 5-	
Friday, Nov. 9	7:00 am-Midnight
Saturday, Nov. 10	8:00 am-5:00 pm
Sunday, Nov. 11	Closed
Monday, Nov. 12-	

Friday, Nov. 16	8:00 am-5:00 pm
Saturday, Nov. 17	9:00 am-5:00 pm
Sunday, Nov. 18	Closed
Monday, Nov. 19	8:00 am-Midnight
Tuesday, Nov. 20	8:00 am-Midnight
Wednesday, Nov. 21	8:00 am-3:00 pm
Thu - Sun, Nov. 22-25	Closed

### Library Poster Display

The latest poster on display in the library lobby is "A Comparative Study of Multicurve Lenses vs Comfortkone Lenses in Keratoconic Patients" by Drs. Renee Reeder and Elyse Chaglasian and Ms. Katerin Ortiz. Review the work of faculty and your colleagues. Remember to direct all questions to the authors.

Good luck on your exams and enjoy your break! We look forward to seeing you in the Library.

### Clicker Replacement

In order to provide you with the new clickers for the Winter Quarter, we need to collect your current clicker this Friday after your last class. You can also return them to the library circulation desk any time after your last class and during finals week. Just put them in the collection box. Because the clicker has an ID number, we will know who returns them.

Please be sure to return them before Friday, Nov 9th in order for us to get the new ones here for the Winter Quarter.

Gerald Dujisk, Director, Learning Resources

### Tech Tips

Ahmed Mohammad

#### Send Vacation Auto Reply Email Directly from GroupWise!

Let everyone know when you're on vacation. Here is how to setup a vacation rule in GroupWise email:

1. In Group Wise click on **Tools** in the upper menu bar and choose **Rules** from the drop

down menu.

2. Click on **New...**
3. Under Rule name: type Vacation.
4. Under **If conditions are**, put a check mark by **Mail**.
5. Under **Then actions are** click on **Add Action** and choose **Reply...** from the drop down menu.
6. Choose **Reply to sender** and click **OK**.
7. Type your vacation Information and click **OK**.
8. Click **Save**.
9. Put a check mark in the box next to Vacation and click on **Run**.

#### How to disable rule after the vacation.

1. Click on **Tools** and select **Rules**
2. Highlight the rules that was created and click on **Disable**. The check mark should disappear.

#### What product to use to clean LCD, CRT & Laptops Screens

Use 3M Screen cleaners for LCD's, CRT's and Laptops. Chamois cloth applicator is built into the spray bottle for added convenience. Gel spray won't run off screen. Will last for hundreds of uses. Here is Garveys Part # MMM-CL681.

#### Buying a Laptop Computer

The key to buying a laptop is finding a balance between power and battery life. Put simply, the faster the notebook and the bigger the screen, the less time you'll be able to use it between recharging sessions. If you want to use office applications on a plane or watch an entire DVD on battery power, look into a "thin and light" model or a UMPC (ultra-mobile PC). If you want to transcode video or play the latest games, look into a heavier "desktop replacement" or gaming laptop (and plan to hang out near AC power outlets).

#### Best Italian Cooking!

Gio's Café at 2724 S. Lowe Ave. in Chicago is offering a 20% discount for all students and staff



with valid ID (dine in only). Check out their menu at [www.gioscafe.com](http://www.gioscafe.com).

## Health Professions Student Grant Program



Special Olympics offers a **Special Olympics** grant opportunity for health professions students at the **Healthy Athletes®** undergraduate, graduate, and postgraduate levels.

#### Purpose

To promote short-term projects with a focus on the Special Olympics Healthy Athletes programs and Special Olympics athletes, as well as the health and well-being of all persons with intellectual disabilities. This concern is described in the Special Olympics publication, *Promoting the Health for Individuals with Mental Retardation — A Critical Journey Barely Begun*. Projects may include: data collection and analysis on issues impacting the health of persons with intellectual disabilities; evaluation studies; or health promotion projects with an evaluation component.

#### Eligibility

Health professions students at the Associate, Bachelor, Master, Doctorate and Post-Doctorate levels from accredited institutions or programs in the United States or other countries. Fields or disciplines may include: audiology, dentistry, pre-med, medicine, nursing, optometry, physical therapy, podiatry, public health, social work, law, public administration, or other related health areas. All students' projects will require a faculty advisor.

#### Funding

A project may be funded up to \$3,500 per year. All awards will be made to the institution on behalf of the student grantee. Funding must include all expenses and **no indirect costs may be covered by this grant**.

### **Criteria for Funding**

A research committee of Special Olympics, Inc, made up of professional staff, a Global Medical Advisory Committee representative, and Global Clinical Advisors will review project submissions. The format for application will follow the protocol on the template located at the Web address. Notification of awards will be made within 30 days of the receipt of final proposal and budget.

Projects will be measured on quality, potential for future expansion, significance, impact on the Special Olympics programs and are subject to all necessary Institutional Review Board approval. After completion of awarded projects, a final report summarizing results will be due to Darcie Mersereau no later than 30 days from the project completion date (as per the timeline).

Additional information about the program, including data that may be used as a foundation for proposals, an application template, and samples of recently funded projects, is available on the Special Olympics Web site at: <http://www.specialolympics.org/StudentGrants>.

The funds supporting these grants are from the Special Olympics Healthy Athletes federal project grant # U59/CCU 321826 through the U.S. Centers for Disease Control and Prevention.

For questions, please contact Darcie Mersereau, Manager of Research and Evaluation, at (202) 715-3800 or by e-mail at [dmersereau@specialolympics.org](mailto:dmersereau@specialolympics.org).

### **Multifocal Workshop**

**Sponsored by CooperVision**

**Sunday, Dec. 9, 2007**

**10:00 am to 12:30 pm**

Do you currently wear or are interested in BI-FOCAL contact lenses? Do you want to

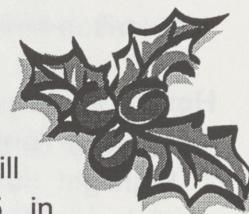
help provide a learning experience for our student clinicians?

We are looking for patients to participate in our workshop who will sit as patients while students fit various bifocal contact lenses. You must be present the entire time and your prescription must be within 1 year. You will be compensated with a **\$50 gift card** for your time.

If interested, please contact Dr. Jennifer Harthan at [jharthan@ico.edu](mailto:jharthan@ico.edu) or ext. 7137

### **12 Bars**

Mark your calendars! 12 Bars is just around the corner. It will be Saturday, December 15 in Lincoln Park. Sign-ups for t-shirts and the event will be held when winter quarter begins. Details coming soon...  
Thanks, Kristin Bertelsen



### **Attention: Third Year Students**

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 4 and 5, 2007 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

### **C L A S S I F I E D S**

#### **Looking for Winter Work Study??**

The following positions are needed:

##### **Suite Technician**

- Mon 3:45 - 7 pm Suite 2
- Tue 8:45 - 12 pm Suite 1
- Wed 8:45 - 12 pm Suite 1 & 2
- Wed 4 - 7 pm - Suite 2
- Thu 8:45 - 12 pm - Suite 1 & 2
- Fri 8:45 - 12 pm - Suite 1 & 2
- Sat 8:45 - 12 pm - Suite 1

**Confirming & Rescheduling Clerk**  
Mon, Tue, Wed - any 3 hour time block

**Front Desk Assistant**

Mon 4-6 pm  
Tue 9-11 am, 4-6 pm  
Wed 9-11 am, 1-3 pm, 4-6 pm  
Thu 9-11 am  
Fri 9-11 am  
Sat 9-11 am

If interested please contact Dr. Rozwat at  
[arozwat@ico.edu](mailto:arozwat@ico.edu) or x7179.

## R E S I D E N C I E S

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

## S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Dr. Leslie Mintz Scholarship Foundation</b>	At least one of the following <ul style="list-style-type: none"><li>• Intend to practice in NJ</li><li>• Member of NJ Society of Optometric Physicians</li><li>• Previously resided in NJ</li></ul>	Varies	November 30, 2007
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"><li>• 4<sup>th</sup> year</li><li>• Write a case report that incorporates the use of any Alcon product</li></ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office
<b>Chicago Area Schweitzer Fellows Program</b>	<ul style="list-style-type: none"><li>• Health professions, Graduate level-degree in Chicago Area</li><li>• Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life</li><li>• Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report</li></ul>	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
<b>The Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"><li>• Helping profession</li><li>• Domicile in greater Chicago area</li></ul>	\$500.000 available funds	Application Deadline February 15, 2008. Apply at <a href="http://www.jvschicago.org">www.jvschicago.org</a>
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"><li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li><li>• Submit Patient Case Study involving HOYA products</li></ul>	\$1,000 National Winner get an addt'l \$6,000	April 1 <sup>st</sup> to Student Affairs

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Making Strides Against Breast Cancer-Thank you!

Thanks to everyone who supported the Illinois College of Optometry team in Making Strides Against Breast Cancer! Our team exceeded our goal of \$1,800 and raised over \$2,700 for the American Cancer Society! We also had over 20 walkers participate in the walk.

### Massage Therapy at ICO

On Wednesday, November 14 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

#### Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

### FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to

provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE...

Kevin Harris	Box 542
Chris Pavone	Box 220

### FREE Fitness Services

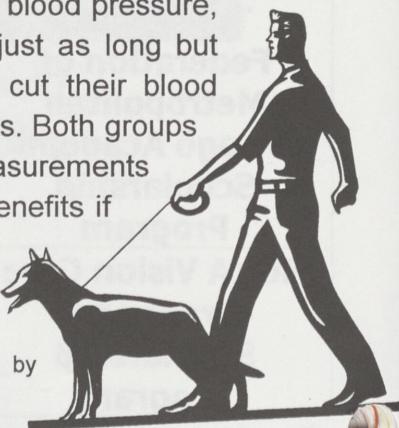
The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

### Eye on Wellness

#### Light Exercise is Better than No Exercise

Even light exercise brings health benefits. If you don't meet the current recommendations to exercise for 30 minutes a day most days of the week, don't give up. According to a new study of 106 adults, exercising less frequently or in shorter stints also does some good. People who walked 30 minutes a day five days a week for three months saw a drop of 6 points in their systolic blood pressure, while those who walked just as long but only three days a week cut their blood pressure by nearly 5 points. Both groups also cut their waist measurements and they both also saw benefits if they walked in 10-minute intervals throughout the day.

This information is provided by Consumer Reports on Health

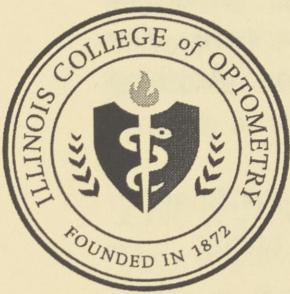


**WINTER 2007-2008 EXAM SCHEDULE**

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED			
PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
12/6 Th	BHS 150.2 Biochemistry II Room 1200-1203		
12/7 F		BHS 254.2 General and Ocular Pharmacology Room 1200-1203	
12/10 M	BHS 107 Applied Ocular Anatomy Room 1200-1203		
12/11 T		CLE 262.2 Optometry 2.2 Room 1200-1203	
12/12 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203		
12/13 Th		CLE 270.2 Ophthalmic Optics II Room 1200-1203	
12/14 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203		CLE 376.1 Strabismus and Amblyopia Room 1201-1202
12/17 M		BHS 263.1 Ocular Disease I Room 1200-1203	
12/18 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203		BHS 360.2 Clinical Medicine Room 1201-1202
12/19 W		CLE 262.4 Introduction to Binocular Anomalies Room 1200-1203	
12/20 Th	CLE 162.2 Optometry 1.2 Room 1200-1203		CLE 367 Low Vision Room 1201-1202
12/21 F		BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203	
1/3 Th	BHS 150.2 Biochemistry II Room 1200-1203		
1/4 F		BHS 248 Persp on Behavioral Disorders Room 1200-1203	
1/7 M	BHS 107 Applied Ocular Anatomy Room 1200-1203		
1/8 T		BHS 254.2 General and Ocular Pharmacology Room 1200-1203	
1/9 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203		
1/10 Th		CLE 270.2 Ophthalmic Optics II Room 1200-1203	BHS 363.4 Gen. & Ocular Emergencies Room 1201-1202
1/11 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203		
1/14 M		CLE 262.2 Optometry 2.2 Room 1200-1203	
1/15 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203		BHS-360.2 Clinical Medicine Room 1201-1202
1/16 W		BHS 263.1 Ocular Disease I Room 1200-1203	
1/18 F	CLE 162.2 Optometry 1.2 Room 1200-1203		
1/23 W	BHS 107 Applied Ocular Anatomy Room 1200-1203	CLE 262.4 Introduction to Binocular Anomalies Room 1201-1202	
1/24 Th			CLE 367 Low Vision Room 1201-1202
1/25 F	BHS 150.2 Biochemistry II Room 1200-1203	CLE 270.2 Ophthalmic Optics II Room 1201-1202	
1/28 M		BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203	
1/29 T	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203		CLE 376.1 Strabismus and Amblyopia Room 1201-1202
1/30 Th	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203		
2/1 F		BHS 254.2 General and Ocular Pharmacology Room 1200-1203	Primary Care Conference Exam Room 1201-1202
2/5 T		BHS 248 Persp on Behavioral Disorders Room 1200-1203	

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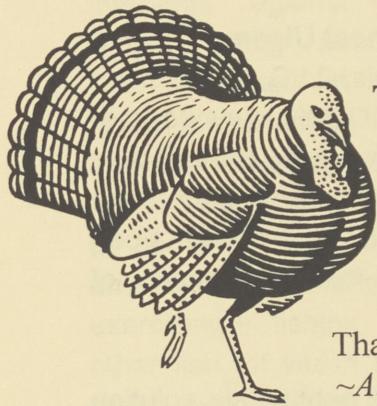


# Focal Point

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C A M P U S   N E W S

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## All in a Word

T hanks for time to be together, turkey, talk, and tangy weather.  
H for harvest stored away, home, and hearth, and holiday.  
A for autumn's frosty art, and abundance in the heart.  
N for neighbors, and November, nice things, new things to remember.  
K for kitchen, kettles' croon, kith and kin expected soon.  
S for sizzles, sights, and sounds, and something special that about.

That spells THANKS for joy in living and a jolly good Thanksgiving.  
~Aileen Fisher~

## Thanksgiving Everyday

Beth Karmis

During this time of year I ask you to consider an age-old method for improving the quality of your life – that being the expression of gratitude. Spiritual leaders, philosophers, and others have long proclaimed the benefits of gratitude. Quite recently science has turned its interest to gratitude as well.

What is gratitude? Gratitude is generally defined in three aspects. It is 1. the appreciation you feel when someone does something generous or kind, 2. the expression you make of that appreciation, and 3. the feelings of the person to whom the appreciation is expressed. Gratitude is by its very nature interactive. Grateful people report increased life satisfaction, optimism, greater energy and stronger sense of connection.

The health benefits of living a life in gratitude may surprise you. Expressions of gratitude

and the like have been connected to positive changes in cardiovascular and immune system functioning. Further research supported a link between the expression of gratitude and the decrease in physical symptoms of illness and an increase in the quantity of physical exercise. The "gratitude subjects" in this study felt better, moved more, and reported better sleep.

Want to get started? A simple strategy to increase your gratitude experience is to begin a gratitude journal. Each day, jot down three things that happened for which you are grateful. Want to take it to the next step? Acknowledge your gratitude by taking the time to tell the person what they did and how it made you feel. (Email or writing is ok, but for maximal impact, do it in person.) Already doing these things? Make a point of doing one act of unexpected kindness each day. That can be as simple as buying an extra mocha for the person behind you in line at Starbucks.

or stopping to let that IIT guy out of the parking lot next to the El. If you think about it, endless opportunities will emerge.

*"Gratitude is not only the greatest of virtues, but the parent of all the others." Roman orator Cicero*

*"To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude." Albert Schweitzer*

*"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." John F. Kennedy*

## Counseling & Academic Enrichment

Just a quick reminder, counseling services (personal or academic) and tutoring information are available through the Office of Counseling & Enrichment – room #2215, directly behind Room 1202. The office hours for this quarter are Tuesday through Friday, from 7:00 am until 4:00 pm. Appointments are not required (open door policy...if the doors open, come in), but if you want to see me at a specific time or sometime other than normal office hours, please call or email (ext. 7415 or bkarmis@ico.edu).

## ICO Thanksgiving Food Drive!

Get in the spirit of giving and graciously support the local St. James Food Pantry this Thanksgiving! High unemployment levels and the increasing scarcity of affordable food items has increased the need of food pantries this year. Please bring

any of your non-perishables, especially peanut butter and personal items like toiletries, toothpaste & shampoo. Anything you can give is appreciated!!

Bins are located in front of the SA Board in the President's Lounge & the RC Lobby.  
Jennifer Durst, Class 2010  
Student Association Community Service Director Elect

## Did You Know?

### New Treatment for Corneal Ulcers

Vistakon Pharmaceuticals, LLC, announced the introduction of IQUIX (levofloxacin ophthalmic solution) 1.5% ocular anti-infective medication, the only newer-generation fluoroquinolone approved by the U.S. Food and Drug Administration for the treatment of corneal ulcers.

IQUIX is a sterile topical ophthalmic solution containing 1.5% levofloxacin. IQUIX rapidly penetrates corneal tissue and provides broad coverage of the most sight-threatening gram-negative and the most prevalent gram-positive pathogens, including *Corynebacterium* species, *Staphylococcus aureus*, *Staphylococcus epidermidis*, *Streptococcus pneumoniae*, *Viridans group streptococci*, *Pseudomonas aeruginosa*, and *Serratia marcescens*.

### FDA Approves Eye Drop for Reduction of IOP

Allergan, Inc. announced that the U.S. Food and Drug Administration (FDA) has approved COMBIGAN (brimonidine tartrate/timolol maleate ophthalmic solution) 0.2%/0.5%, an alpha adrenergic receptor agonist with a beta adrenergic receptor inhibitor, for the reduction of elevated intraocular pressure (IOP) in patients with glaucoma or ocular hypertension who require adjunctive or replacement therapy due to inadequately controlled IOP.



COMBIGAN is a prescription eye drop that works in two ways to reduce elevated IOP and will be available to

physicians in the fourth quarter of 2007. Elevated IOP is a leading risk factor for glaucoma, and the only risk factor that can currently be treated.

## The First Thanksgiving

"They began now to gather in the small harvest they had, and to fit up their houses and dwellings against winter, being all well recovered in health and strength and had all things in good plenty. For as some were thus employed in affairs abroad, others were exercising in fishing, about cod and bass and other fish, of which they took good store, of which every family had their portion. All the summer there was no want; and now began to come in store of fowl, as winter approached, of which this place did abound when they came first (but afterward decreased by degrees). And besides waterfowl there was great store of wild turkeys, of which they took many, besides venison, etc. Besides they had about a peck of meal a week to a person, or now since harvest, Indian corn to that proportion. Which made many afterwards write so largely of their plenty here to their friends in England, which were not feigned but true reports."

~ William Bradford, 1621



## Spotlight on the Library

by Kathryn Johnston

Information Systems Librarian

Library Hours for Thanksgiving

(check our website and sign for changes)

Friday, Nov. 16

8:00 am-5:00 pm

Saturday, Nov. 17

9:00 am-5:00 pm

Sunday, Nov. 18

Closed

Monday, Nov. 19

8:00 am-Midnight

Tuesday, Nov. 20

8:00 am-Midnight

Wednesday, Nov. 21 8:00 am-3:00 pm  
Thu - Sun, Nov. 22-25 Closed  
Monday, Nov. 26- Normal hours

### Library Poster Display

The latest poster on display in the library lobby is "Effect of TheraTears Nutrition vs. Flaxseed Oil in Managing Dryness Symptoms" by Dr. R. Reeder, Dr. Jason Blowe, and Dr. Kamini Mistry. Stop by to see the work of your faculty and recent alums. Remember to direct all questions to the authors.

### Fun Reading

The Library has three works of fiction written by optometrists. If you need some fun reading over the holidays, check out the novels that fellow practitioners have written. Jennifer Malpass practices in the area.

*The Big Store* by Jennifer J. Malpass.  
PS3563 .A4333 B44 2002

*Unnatural selection* by Tony Stubits.  
PS3619 .T836 U56 2001

*Wishes on dandelion seeds*, by Michael Lawrence Cohen.  
PS3603 .O368 W4 2002

2005 ICO alumna, Sarah Manongdo co-wrote a nonfiction book while still a student here: *How to buy everything for your wedding on eBay-- and save a fortune!* by Dennis L. Prince, Dan Joya, Sarah Manongdo.  
HQ745 .P75 2005



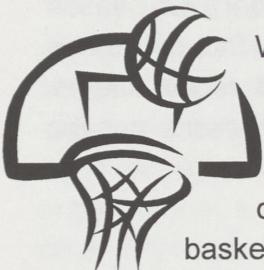
The Library has been donated other wedding planning books as well.

### Reserve Books

Due to the long Thanksgiving holiday, any reserve books checked out after noon on Wednesday, November 21 will not be due until 9:00 am on Monday, November 21, 2007. Happy Thanksgiving!

## Intramural Sports!

Congratulations to the third year team, 3rd Year Guys Knows, winners of this year's intramural flag football! Also, this year's first annual badminton intramural winners are Dr. Yi Pang and her husband, Mr. Daniel Ren! Please help me in congratulating them when you see them in the halls.



With winter quickly approaching, so does the need to maintain your fitness. So sign up for this quarter's intramurals, indoor basketball and indoor soccer!

Basketball would be once again a 4 on 4 tournament, and soccer would be a 5 on 5 tournament (four players, one goalie). Feel free to sign up as an individual to be placed on a team, or as a substitute if you feel like playing only on a day-to-day basis with any team. Please email [vchan@eyedoc.ico.edu](mailto:vchan@eyedoc.ico.edu) with your team name, team captain (and his/her email), and roster list before the November 24th, 11:59 pm deadline!

Vick Chan, Director of Intramural Sports

## Tech Tips

Ahmed Mohammad

### Bookmark your Favorites in Internet browser (Internet Explorer, Netscape or Mozilla Firefox)

Bookmarking is generally used to store web addresses for quick access. That way, you don't have to remember or type them.

#### How to create Favorites in Internet Explorer 6?

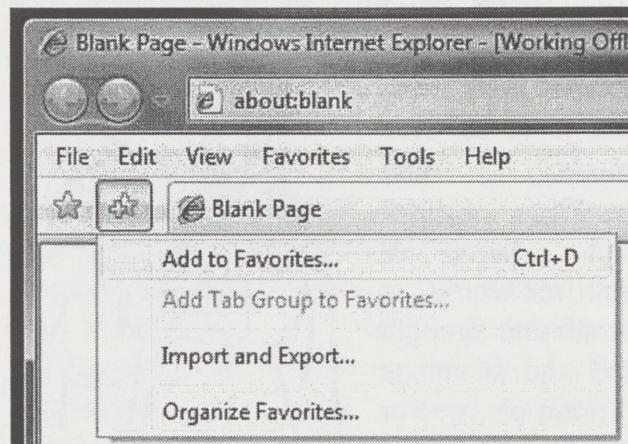
1. Go to the web page that you want to add to your favorites.
2. On the favorites menu, click **Favorites**
3. In the add Favorite box, type a new name for the page you want, and click **OK**

**TIP:** You can add the current page to your main list of favorites (but not to a folder) right from the keyboard by pressing **CTRL+D**.



### How to create favorites in Internet Explorer 7?

1. Go to the web page that you want to add to your favorites.
2. Click on the Add to Favorites button (or use the Alt Z key combination)



### Go to a Web Page on your Favorites list?

On the Favorites menu, click the link to the Web page you want to visit. If you've already organized Web pages into folders, on the Favorites menu, first point to the folder of the page you want to visit, and then click the link to go to the page.

### Alphabetize Your Favorites

If your list of Favorites gets unruly, you can put it in alphabetical order.

1. Right-click anywhere on the **Favorites** menu.
2. On the menu that opens, click **Sort by Name**. See step 2 in the image below.

### Remove a Web Page from the Favorites List

You may find that the link to a favorite Web page is broken and no longer takes you there. Or perhaps you just want to clean up your Favorites list. Whatever the reason, it's easy to remove a Web page from your Favorites list.

1. On the **Favorites** menu, right-click the link to the page that you want to remove from the list.
2. On the menu that opens, click **Delete**.

### Savings on Purchasing Dell computers and Notebooks

ICO's faculty, Staff and Students can receive up to 12% discount off Dell. For Details, go to <http://theview.ico.edu>, from the list of Quick Links, click on the ICO's Dell Store link.

### Multifocal Workshop

Sponsored by CooperVision

Sunday, Dec. 9, 2007

10:00 am to 12:30 pm

Do you currently wear or are interested in BIFOCAL contact lenses? Do you want to help provide a learning experience for our student clinicians?

We are looking for patients to participate in our workshop who will sit as patients while students fit various bifocal contact lenses. You must be present the entire time and your prescription must be within 1 year. You will be compensated with a **\$50 gift card** for your time.

If interested, please contact Dr. Jennifer Harthan at [jharthan@ico.edu](mailto:jharthan@ico.edu) or ext. 7137

### Poinsettia Sale

Looking for a festive holiday decoration? The ICO Academy Student Chapter has the answer - the Annual Poinsettia Sale!

Stop by the table outside 1200 during the lunch hours November 26-30 to purchase your Poinsettias. Order forms will also be in your mailboxes. Delivery will be Thursday December 6 - plenty of time to enjoy your lovely Poinsettias throughout the holidays.

Proceeds from the sales support Student Travel Grants for the Academy Meeting. This year's travel grant recipients were Emily Pott

and Lee Vien.

Teresa Sanchez, Class of 2009

### 12 Bars

Mark your calendars! 12 Bars is just around the corner. It will be Saturday, December 15 in Lincoln Park. Sign-ups for t-shirts and the event will be held when winter quarter begins. Details coming soon... Thanks, Kristin Bertelsen



### Attention: Third Year Students

Please note - for planning purposes (hair cuts, perms, etc.) Paul Studios will take graduation pictures on Tuesday and Wednesday, December 4 and 5, 2007 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets will be posted on the third year bulletin board during the first week of winter quarter.

### C L A S S I F I E D S

#### Looking for Winter Work Study??

The following positions are open:

##### Suite Technician -

Wed am Suite I

Thu am Suite I and II

Fri am Suite I and II

Sat am Suite I

##### Confirming & Rescheduling Clerk-

Tue & Wed - any 3 hour time block

##### Front Desk Assistant-

Mon 4-6 pm

Tue 9-11 am, 4-6 pm

Wed 9-11 am, 1-3 pm, 4-6 pm

Thu 9-11 am

Fri 9-11 am

Sat 9-11 am

If interested please contact Dr. Anne Rozwat at [arozwat@ico.edu](mailto:arozwat@ico.edu) or x7179.

## RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

### From Dr. Stephanie Messner:

Information about the following residency programs is now available in the residency file in the Student Affairs Office:

#### Brochure from Michigan College of Optometry at Ferris State

*Includes information on the following programs:*

Ocular Disease Residency at the Battle Creek VA Medical Center  
Ocular Disease Residency at the Detroit VA Medical Center  
Ocular Disease Residency at TLC Eye Care of Michigan  
Ocular Disease/Primary Care Residency at VA Northern Indiana Health Care System Fort Wayne Campus  
Cornea and Contact Lens Residency at Michigan College of Optometry  
Ocular Disease Residency at the Grand Rapids VA Outpatient Clinic

Additional information may be found on their website at  
[www.ferris.edu/mco/programs/educ.htm](http://www.ferris.edu/mco/programs/educ.htm).

#### Brochures from NOVA Southeastern University College of Optometry

Primary Care with Emphasis in Cornea and Contact Lenses  
Primary Care with Emphasis in Ocular Disease  
Primary Care with Emphasis in Pediatrics and Binocular Vision  
Primary Care with Emphasis in Geriatrics and Low Vision

Additional information may be found on their website at <http://optometry.nova.edu> click on "Residency Programs".

#### Brochure from Northeastern State University Oklahoma College of Optometry Tahlequah, OK

*Residencies Programs:*

Family Practice Optometry - Tahlequah, OK  
Cornea and Contact Lenses – Tahlequah, OK  
Ocular Disease – Triad Eye Medical Clinic and Cataract Institute – Tulsa OK  
Ocular Disease - BVA Advanced Surgical Eye Care West – Elk City, OK  
Ocular Disease - BVA Advanced Surgical Eye Care Central – Edmond, OK  
Ocular Disease - BVA Advanced Surgical Eye Care Tulsa – Tulsa OK  
Primary Eye Care - Fayetteville VAMC, Fayetteville, AR  
Primary Eye Care - Muskogee VAMC, Muskogee, OK  
Primary Eye Care -Amarillo VAMC, Amarillo, TX

#### Indiana University School of Optometry, Bloomington, IN

*Residencies Programs:*

Contact Lens in Bloomington, IN  
Ocular Disease in Bloomington, IN  
Ocular Disease in Lexington, KY  
Ocular Disease in Louisville, KY  
Optometric Refractive and Ocular Surgery in Nashville, TN  
Ocular Disease in Huntington VAMC, WV  
Pediatric Optometry in Bloomington/Indianapolis, IN  
Primary Eye Care in Danville, IL  
Primary Eye Care in Guanajuato, Mexico  
Primary Eye Care in Bloomington, IN

#### The New England College of Optometry Residency Programs

Community Health Optometry - Roxbury and Dorchester, MA  
Ocular Disease – Boston, MA  
Pediatric Optometry – Boston, MA  
Cornea and Contact Lens – Boston, MA  
Primary Eye Care – VA Connecticut-Newington Campus  
Ocular Disease – VA Medical



Center, Manchester, NH  
 Primary Eye Care/Ocular Disease – Based at  
 Jamaica Plain, Brockton or West  
 Roxbury, MA  
 Primary Eye Care – VA New England  
 Healthcare System-White River Junction,  
 Vermont  
 Primary Eye Care/Geriatric Optometry –  
 Bedford VA Medical Center  
 Primary Eye Care/Low Vision Rehabilitation –  
 VA Connecticut Healthcare System –  
 West Haven campus

**Illinois College of Optometry, Chicago IL**  
*Residencies are available in:*  
 Primary Care – Illinois Eye Institute

Pediatrics and Binocular Vision – Illinois Eye  
 Institute  
 Cornea and Contact Lens Residency – Illinois  
 Eye Institute  
 Low Vision Rehabilitation and Ocular Disease  
 – Illinois Eye Institute  
 Ocular Disease and Low Vision - Jesse  
 Brown Chicago VA, and Hines VA  
 Hospital, Chicago, IL  
 Refractive Surgery Co-Management &  
 Anterior Segment Disease - Davis Duehr  
 Dean, Madison WI  
 Corneal and Refractive Eye Care - Minnesota  
 Eye Consultants, Minneapolis, MN

## S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!  
 All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Dr. Leslie Mintz Scholarship Foundation</b>	At least one of the following <ul style="list-style-type: none"> <li>• Intend to practice in NJ</li> <li>• Member of NJ Society of Optometric Physicians</li> <li>• Previously resided in NJ</li> </ul>	Varies	November 30, 2007
<b>Varilux® Student Grant Award Program</b>	<ul style="list-style-type: none"> <li>• 3 and 4<sup>th</sup> year students</li> <li>• Case Report</li> </ul>	\$1000 to each schools winner, National award winner receives trip to AOA and AOSA meeting in June in Seattle	Due to SAO by January 4, 2009
<b>Optometric Physicians of Washington</b>	<ul style="list-style-type: none"> <li>• OPW Fourth Year Student Members</li> </ul>	Plaque	January 2, 2008 OPW in Washington
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	4 <sup>th</sup> year Write a case report that incorporates the use of any Alcon product	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office
<b>Chicago Area Schweitzer Fellows Program</b>	<ul style="list-style-type: none"> <li>• Health professions, Graduate level-degree in Chicago Area</li> <li>• Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life</li> <li>• Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report</li> </ul>	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program

<b>The Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Helping profession</li> <li>• Domicility in greater Chicago area</li> </ul>	\$500.000 available funds	<b>Application Deadline February 15, 2008. Apply at <a href="http://www.jvschicago.org">www.jvschicago.org</a></b>
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case Study involving HOYA products</li> </ul>	\$1,000 National Winner get an add'l \$6,000	<b>April 1<sup>st</sup> to Student Affairs</b>

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Winter Quarter Fitness Classes

Group fitness classes will begin on Monday, November 26. The winter quarter is a busy time for gym reservations, so please check the door outside the gym for class changes.

### Massage Therapy at ICO

On Wednesday, November 28 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

### Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00



### FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

### YOUR TRAINERS ARE...

Kevin Harris	Box 542
Chris Pavone	Box 220

### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.

## *Eye on Wellness*

### **Fat is not the Enemy**

Do you think of fat as the enemy in your diet? If so, you are not alone. However, the right type of fat is actually essential in your diet. Fat helps control hunger, store energy, insulate and protect organs, acts as a carrier for vitamins and makes food taste good. Make sure that when you are selecting fats you opt for unsaturated fats. These fats do not appear to cause the

same problems as saturated fats, and some may even lower cholesterol levels. Some examples of unsaturated fats include olive oil, corn oil, cottonseed oil, soybean oil, safflower oil and sesame oil. From now don't think of fats as the enemy, but rather, as friends you choose carefully and enjoy in small doses.

*This information is provided by American Fitness*

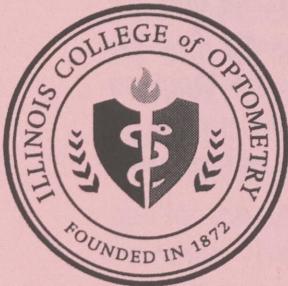


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The Faculty  
of the College of Optometry at Illinois College  
certifies that the above named have been admitted  
to the College of Optometry to study optometry  
and that they are fit to study optometry.  
The student has been admitted to the College  
of Optometry to study optometry and  
is fit to study optometry.

The Faculty  
of the College of Optometry at Illinois College  
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to the College of Optometry to study optometry  
and that they are fit to study optometry.  
The student has been admitted to the College  
of Optometry to study optometry and  
is fit to study optometry.



# Focal Point

## C A M P U S   N E W S

### RA Applications

Outside of your studies, are you looking to participate in a rewarding and fun challenge? If so, please stop by the Student Affairs office and pick up a

2008-2009 RC Resident

Assistant (RA)

application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office.

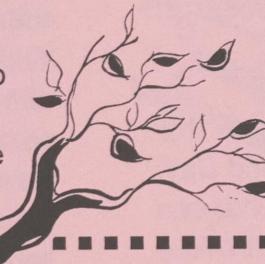
Applications must be submitted by Thursday, December 20<sup>th</sup> at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

### Congratulations!

By Dr. Colip

CONGRATULATIONS to Elizabeth Warren  
(4th Year)!

ICO recently received a very laudatory letter regarding the superior care provided by Ms. Warren during one of her Externship clinical rotations. The letter has been posted on the



That's no December sky!  
Surely 'tis June  
Holds now her state on high  
Queen of the noon.

Only the tree-tops bare  
Crowning the hill,  
Clear-cut in perfect air,  
Warn us that still

Winter, the aged chief,  
Mighty in power,  
Exiles the tender leaf,  
Exiles the flower.

- Robert Fuller Murray (1863-1894), *A December Day*

3rd Year Bulletin Board. I encourage all students to take a look and set your sights on delivering that type of care during all of your patient interactions.

Elizabeth, thanks for making us proud!

CONGRATULATIONS to Ellen Shorter (Perry) - 3rd Year.

ICO recently received notification that Ellen attained the highest score of all ICO students taking Part I of the NBEO this fall. Ellen was presented with a certificate from the NBEO signifying her accomplishment in front of ICO's Board of Trustees during their recent meeting on campus in October.

Congratulations to Ellen on accomplishment and making

this wonderful ICO proud!



### From the Mailroom

To all of the Holiday Shippers 2007:

The mailroom has three types of service available for Holiday Package Shipping: You are responsible for boxing, wrapping and

providing a Street Address, no P.O. Boxes are allowed. (Packing materials are available in the mailroom at no charge)

**United States Postal Service** is available however your packages can not be insured or tracked. If you require insurance or tracking and want to use the US Postal Service it would be best to take your package to a Postal Facility. Christmas Cards can be sent from this location. Payment is expected at time of Service.

**United Parcel Service** is available from this location. We process, Next Day, Second Day, Three Day Select and UPS Ground. We can weigh and process your shipment. Your packages will be insured, automatically, for up to \$100., extra insurance at an additional charge. You will be provided with a copy of the UPS Tracking number. ([www.UPS.com](http://www.UPS.com)) Payment is expected at time of Service.

**Federal Express Service** is available; however we only process Next Day and 2nd Day from this location. **We CAN NOT process FedEx Ground Shipments.** FedEx charges will be billed to your student account or the Business Office will bill Staff and Faculty directly.

If you have any questions regarding shipment of Holiday Packages please contact Daisy X7085 or Diane at X7087.

#### This is the UPS Holiday Schedule for 2007

**December 21, Friday:** Normal UPS Delivery packages will be sorted and notices put in mailboxes.

UPS will pick up as scheduled. However because of the Holiday Luncheon we will finish processing UPS at 12:30 p.m. All outgoing UPS will be delivered to the dock at 1:00 p.m.

**December 24, Monday:** College is closed but UPS will deliver. If you are expecting anything

and want to come to the College and see if it is here please check with Security FIRST, Only Security can allow you on the Dock to check for a package. Security will not go to the dock and see if your package has arrived, that is your responsibility.

### *Keep Safe*

*From Hank Bertucci*

**Be your own safety advocate by taking the following strategies seriously:**

**The Element of Surprise** – Make it tough for someone to take you by surprise – don't wear ear buds or headphones when walking, running or studying alone.

**Being Followed** – Head toward crowds, lights and buildings if you're being followed.

**Walking Around** – Don't walk alone, especially after dark. Call the campus escort system or walk with friends. Stay on populated, well-lit paths.

**Stalkers** – If someone is stalking you, report it to security immediately. A restraining order or some other action may be taken to keep you safe.

### **Keep Your Stuff Safe**

To ensure that your personal property stays safe:

- ▶ Install a safety lock or tracker on your laptop.
- ▶ Don't leave your book bag unattended.
- ▶ Always lock up your bike.
- ▶ Don't leave valuables in plain sight.
- ▶ Don't leave a large amount of cash in your room, even if it's "hidden."
- ▶ Keep your blinds pulled at night and when you're out so thieves can't see what's "available" to them.
- ▶ Write your name along the binding of the same page in each textbook. If your books are stolen, you can say, "look for (your name) along the binding of page\_\_" to identify them as yours.

## All Students

As part of the Colleges on-going Strategic Planning process, plans are being made for upgrading the entire third floor laboratory area to a new and improved space. Current plans call for the space to be entirely renovated next summer. This will result in brand new facilities that will benefit every ICO student.

SA President Billi Prinzen has graciously agreed to represent the student voice in the planning process and has already provided input at one planning meeting. Students with thoughts or suggestions on the developing project are encouraged to submit your input through Billi.

## Spotlight on the Library

by Kathryn Johnston  
Information Systems Librarian

### Special Library Hours in December

Friday, December 21 8:00 am-1:30 pm

Saturday, December 22-  
Closed

Monday, December 31 Closed

Tuesday, January 1 Closed

Wednesday, January 2-Normal hours resume

### Library Poster

Stop by the library to review the latest Academy Poster titled "Cytomegalovirus Retinitis in a Chronically Immunosuppressed Patient Following Solid Organ Transplant Surgery" by Drs. N Sanghera and T. Newman. Remember to direct all questions to the authors.

### Turning Point ResponseCard XR

By now you should have received your Clicker in your mailbox. If not, please see Mr. Dujisk in the library. More information on the new clickers is on the library page of TheView. After you login, click the library button and find the FAQ on Turning Technologies. This is a 2 page pdf file.

### New DVD

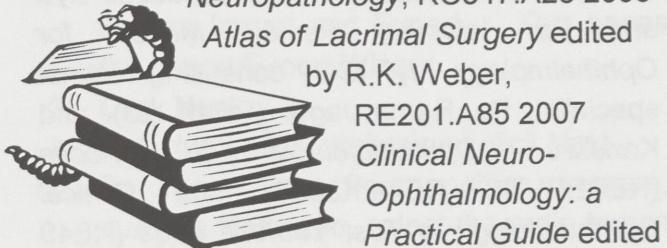
Wills Eye Video Atlas of Ocular Surgery, CDR

129 2006

The six DVDs cover surgeries for cataracts, refractive procedures, cornea, glaucoma, oculoplastics and eye removal, pediatric ophthalmology, and retina.

### New Books

*Adams & Graham's Introduction to Neuropathology*, RC347.A28 2006



*Atlas of Lacrimal Surgery* edited

by R.K. Weber,

RE201.A85 2007

*Clinical Neuro-Ophthalmology: a Practical Guide* edited

by Ulrich Schiefer, Helmut Wilhelm, and William Hart. RE725.C54 2007

*Clinical Optics And Refraction: a Guide for Optometrists, Contact Lens Opticians, and Dispensing Opticians* by Andrew Keirl, Caroline Christie, RE925.K45 2007

*The Clinician's Guide to Medical Writing* by Robert B. Taylor, R119.T395 2005

*Handbook of Nutrition and Ophthalmology* by

Richard D. Semba, RE48.2.A5 S46 2007

*Healing Your Eyes with Chinese Medicine: Acupuncture, Acupressure & Chinese Herbs* by Andy Rosenfarb, RE51.R68 2007

*Inflammatory Conditions in Neuro-Ophthalmology* edited by Rod Foroozan, RE1.I7 V.47 No.4 Fall 2007

*Medical Retina* edited by Frank G. Holz, Richard F. Spaide, RE551.M43 2007

*Moorfields Manual of Ophthalmology*, RE3.J23 2008

### Studying For Boards

The Library has many books on reserve for studying for the NBEO exams, such as the Berkeley guides (RE953 .B47), *TPA Exam Questions* (RE953 .B47) and *TPA Exam Workbook* (RE953 .B47) for TMOD, *Examination Review Optometry [1000 Multiple-Choice Questions]* (RE953 .B47), and *Butterworth Heinemann's Review Questions for the NBEO Examination* (RE953 .B885 2006). Please stop by the Circulation Desk to check out these titles.

In addition, many students have found that review books for the ophthalmology board exams can be useful as well. Titles include *Review Questions in Ophthalmology: a Question and Answer Book* by Chern (RE49.C5 2005) the most recent edition of which is on reserve but can be checked out for a week. The older editions are in the stacks. Also consult *The Massachusetts Eye and Ear Infirmary Review Manual for Ophthalmology* by ICO consulting retinal specialist, Dr. Rama Jager (RE49.L3), and Kanski's *Ophthalmology in Focus* (RESERVES RE49.K3593) and *Clinical Ophthalmology: a Test Yourself Atlas* (RE49.K28).

Helpful websites include the Harvard Digital Journal of Ophthalmology <http://www.djo.harvard.edu/>, the University of Manitoba Ophthalmology Internet Tutorial at <http://umanitoba.ca/faculties/medicine/units/ophthalmology/> and the RED Atlas (Recognizing Eye Disease: a Visual Review of Ophthalmic Disorders) at <http://redatlas.org>. All have practice test questions covering various eye diseases.

Good luck on Boards and we look forward to seeing you in the Library!

## Work Study News

If you have walked into Room 2720 and wondered where to put your work study papers, the Human Resources Department would like everyone to know that a secure box has been placed in the front of the office to collect that paperwork. Please do not put timesheets in this box. Timesheets go directly to the Business Office.

## Continuing Education

December 9

Students and Faculty are invited to attend the ICO's first CE of the winter season. Join us on December 9 from 8:00 a.m. to 12:00 p.m. for four hours of certified (TQ) CE in ICO's main lecture center. Dr. Leonard Press will be

lecturing on **Undoing Occlusion Confusion: New Concepts for Treating Amblyopia and Disease Considerations in Binocular Vision Disorders**. This event is free for all students and faculty. Continental breakfast will be provided. If you wish to attend, please register by downloading a registration form from [www.ico.edu](http://www.ico.edu) or by calling the continuing education coordinator at ext. 7081. We look forward to seeing you there!

## Did You Know?

### Effect of Swimming Goggles on IOP and Optic Nerve Head Blood Flow



This study evaluates the influence of wearing swimming goggles on intraocular pressure (IOP) and blood flow of the ocular nerve head (ONH) in normal subjects. Thirty healthy participants took part in the study. The IOP of each participant was measured using a Goldmann tonometer. Measurements were taken immediately before putting on swimming goggles, at five, 10, 30 and 60 minutes after putting on swimming goggles, and then immediately after taking off the goggles. Blood flow of the ONH was measured using the Heidelberg retinal flowmeter.

The average IOP before, during and after wearing the swimming goggles were  $11.88 \pm 2.82$  mmHg,  $14.20 \pm 2.81$  mmHg and  $11.78 \pm 2.89$  mmHg, respectively. IOP increased immediately after putting on the goggles and returned to normal values immediately after removal. Blood flow of the ONH was  $336.60 \pm 89.07$  Arbitrary Units (AU) before and  $319.18 \pm 96.02$  AU after the goggles were worn.

A small but significant IOP elevation was observed immediately after swimming goggles were put on. This elevated IOP was maintained while the goggles were kept on and then returned to normal levels as soon as they were taken off. Blood flow of the ONH did not change significantly throughout the

experiment. These facts should be considered for safety concerns, especially in advanced glaucoma patients.

SOURCE: Ma KT, Chung WS, Seo KY, et al. *The effect of swimming goggles on intraocular pressure and blood flow within the optic nerve head*. Yonsei Med J 2007;48(5):807-9.

## Tech Tips

Ahmed Mohammad

### Exporting And Importing favorites

If you've already assembled a list of favorites, you can also export those to a file so you can transfer them to another browser or computer.

### Exporting Favorites in Internet Explorer for Windows

1. In Internet Explorer, from the File menu, choose Import and Export.... This opens the Import/Export Wizard.
2. Click Next.
3. Select Export Favorites and click Next.
4. You will see a list of folders. Unless you want to export only a portion of your bookmarks, make sure the top folder (labeled Favorites) is highlighted and click Next.
5. If you want to export only one of the subfolders, highlight that folder and click Next.
6. The "Export Favorites Destination" page will appear. Select Export to a File or Address. The default destination is normally your My Documents folder and the default name of the file is bookmark.htm. To change the name, click in the field where the path is, go to the end, and change bookmark.htm to whatever name you want to give it.
7. If you want to change the destination, click the Browse... button and select where you want to save the file.
8. Click Next, and then Finish.

Your favorites will be saved as a file in the location you chose, where you can copy them, email them, or import them into another web browser.

### Importing

In Internet Explorer, you can import favorites from a variety of sources, including another web browser (such as Netscape) or an HTML document. Follow the instructions below for your operating system:

### Internet Explorer for Windows

1. In Internet Explorer, from the File menu, choose Import and Export.... This opens the Import/Export Wizard.
2. Click Next.
3. Select Import Favorites and click Next.
4. To import links from another program, such as Netscape, select the radio button for Import from an Application and make a selection from the drop-down menu. If you have more than one profile set up for Netscape, the list will contain all available profiles. Choose the profile from which you want to import the bookmarks.
5. To import from an HTML file, select the radio button for Import from a File or Address and type the path or URL of the file in the field provided.
6. Click Next.
7. Internet Explorer will prompt you for a location within your favorites to store the imported items.
8. Click Next, and then click Finish.
9. You should then see a message saying that the favorites were successfully imported. Click OK.

## 12 Bars Reminder

12 Bars is just around the corner. It will be Saturday, December 15 in Lincoln Park. Thanks, Kristin Bertelsen



## Seva Foundation

By Dr. Susan Kelly

What to give the loved one on your list who has everything? How about restoring the gift of sight on behalf of your loved one? So many worthwhile groups compete for our resources and attention during the holiday season, but I thought the Seva Foundation would be of

particular interest to the ICO community since they offer Gifts of Service, and one of their most important services involves eye care. Your donations can be used for any of the following: Sight restoration via cataract removal, Support for Mobile Eye Care Units that provide eye care to rural populations in remote parts of the world, Training doctors and staff members to serve East Africa and the Himalayas and other useful projects. To quote from their website,

The Seva Foundation started as a small group with a big idea, and the idea was this: "To be fully human, we must translate our compassion and concern into useful service".

For more information please see their website: [www.seva.org](http://www.seva.org)

### ***ICO Faculty Sings!***

ICO's Dean, Dr. Kent Daum and faculty member, Dr. Darrell Schlange and their wives, were in the audience as Dr. Dominick Maino sang tenor with members of the St. Bartholomew Chorale, Apollo Chorus and the Romanian Madrigal Consort. The concert included excerpts from the Messiah, Vivaldi's Gloria, and favorite Christmas carols. If you would like to see the photos and hear music from past concerts, please go to <http://www.stbartholomew.net> and follow the links.



### ***Third Year Commencement Pictures***

Paul Studios will take graduation pictures on Tuesday and Wednesday, December 4 and 5, 2007 from 8 am to 4 pm. in the Gym. Reminders and sign-up sheets have been posted on the third year bulletin board during the first week of winter quarter.

## **CLASSIFIEDS**

### **Looking for Winter Work Study???**

The following positions are open:

#### **Suite Technician -**

Wed am Suite I

Thu am Suite I and II

Fri am Suite I and II

Sat am Suite I

#### **Confirming & Rescheduling Clerk-**

Tue & Wed - any 3 hour time block

#### **Front Desk Assistant-**

Mon 4-6 pm

Tue 9-11 am, 4-6 pm

Wed 9-11 am, 1-3 pm, 4-6 pm

Thu 9-11 am

Fri 9-11 am

Sat 9-11 am

If interested please contact Dr. Anne Rozwat at [arozwat@ico.edu](mailto:arozwat@ico.edu) or x7179.

## **RESIDENCIES**

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

#### **From Dr. Stephanie Messner:**

Residency information for the following programs is now available in the Student Affairs Office:

#### **Affiliated with Pacific University College of Optometry**

Primary Eye Care/Geriatric Optometry -

Spokane VA Medical Center

Primary Eye Care - Portland VA Medical Center

Primary Eye Care – Roseburg VA Medical Center

Primary Eye Care/ Refractive and Surgical Co-Management – Wainwright Memorial (Walla Walla) VA Medical Center

Geriatric Optometry/Primary Eye Care –

American Lake (Tacoma) VA Medical Center  
 Ocular Disease/Refractive and Ocular Surgery - Eye Care Associates of Nevada  
 Contact Lens and Primary Eye Care – Alaska Eye Care Centers  
 Cornea and Contact Lenses – Pacific University and Associated Clinics  
 Vision Therapy and Rehabilitation/Pediatric Optometry - Pacific University and Associated Clinics

Affiliated with NOVA Southeastern University College of Optometry  
 Ocular Disease – Aran Eye Associates

Affiliated with New England College of Optometry  
 Primary Eye Care – Togus VA Medical Center (Augusta , Maine)

## S C H O L A R S H I P S

For all scholarships and fellowships, please stop by the Student Affairs Office for more information!  
 All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
<b>Varilux® Student Grant Award Program</b>	<ul style="list-style-type: none"> <li>• 3 and 4<sup>th</sup> year students</li> <li>• Case Report</li> </ul>	\$1000 to each schools winner, National award winner receives trip to AOA and AOSA meeting in June in Seattle	Due to SAO by January 4, 2008
<b>Optometric Physicians of Washington</b>	<ul style="list-style-type: none"> <li>• OPW Fourth Year Student Members</li> </ul>	Plaque	January 2, 2008 OPW in Washington
<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"> <li>• 4<sup>th</sup> year</li> <li>• Write a case report that incorporates the use of any Alcon product</li> </ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office
<b>Chicago Area Schweitzer Fellows Program</b>	<ul style="list-style-type: none"> <li>• Health professions, Graduate level-degree in Chicago Area</li> <li>• Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life</li> <li>• Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report</li> </ul>	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
<b>The Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Helping profession</li> <li>• Domicility in greater Chicago area</li> </ul>	\$500.000 available funds	Application Deadline February 15, 2008. Apply at <a href="http://www.jvschicago.org">www.jvschicago.org</a>

<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case Study involving HOYA products</li> </ul>	\$1,000 National Winner get an add'l \$6,000	April 1 <sup>st</sup> to Student Affairs
<b>InfantSEE® Scholarship Grant</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year</li> <li>• Member of AOSA and AOA</li> <li>• Essay not over 1000 Words</li> </ul>	\$1,000	April 1 <sup>st</sup> to Student Affairs
<b>Healthy Eyes Healthy People™ Scholarship Grant (AOA)</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year</li> <li>• Member of AOSA and AOA</li> <li>• Essay not over 1000 Words</li> </ul>	\$1,000	April 1 <sup>st</sup> to Student Affairs
<b>Dr. Stanley Pearle Scholarship Fund</b>	<ul style="list-style-type: none"> <li>• Optometry Student</li> <li>• Accomplishments in leadership, community service and extracurricular activities</li> </ul>	(20) \$2,000	April 15 <sup>th</sup> to Pearle Vision Foundation

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Massage Therapy at ICO

On Wednesday, December 12 from 11:00 am - 2:00 pm certified massage therapist Sharita Davis will be here to help you start the quarter feeling refreshed and relaxed. Sharita's training qualifies her to work on you for problems ranging from simple stress reduction to more complex musculoskeletal problems.

Give the gift of massage this holiday season! Please call X7460 for further information, to purchase a gift certificate, or to schedule an appointment. All appointments must be finalized by noon on Tuesday.

#### Massage pricing is as follows:

	w/o oils	w/oils
20 minutes	\$20.00	\$25.00
30 minutes	\$30.00	\$35.00
60 minutes	\$60.00	\$65.00

#### FREE Personal Training

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated

when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

#### YOUR TRAINERS ARE...

Kevin Harris	Box 542
Chris Pavone	Box 220

#### FREE Fitness Services

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information or to schedule an appointment, please call Shelby at x7460.



#### Eye on Wellness

##### Exercise More, Sneeze Less

As the cold and flu season kicks into high gear this winter, it's

good to know that regular exercise may be your first line of defense. Researchers from the University of South Carolina in Columbia surveyed 547 healthy adults at regular intervals over the course of one year. Participants noted both their activity levels and the number of colds they had experienced. For this study, moderate or vigorous exercise was defined as anything more strenuous than a walk, including household chores and leisure activities. The average adult will suffer through two to five colds per year. However, study participants who reported being most active had 25 percent fewer colds than those who were the least active.

It is important to note previous research has demonstrated that too much or too little exercise can have an adverse effect on the immune system, which could up one's risk of developing a cold. Marathon runners, for example, appear to be more likely to develop a cold in the week immediately following a race than non-runners. The key is to strike the right balance between exercise, good nutrition and adequate sleep.

*This information is provided by ACE FitnessMatters.*

Digitized by Illinois College of Optometry Library



## ILLINOIS COLLEGE OF OPTOMETRY

WINTER QUARTER, 2007/2008

### SCHEDULE OF WINTER FINAL EXAMS

November 15, 2007

	<b>Saturday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	February 9	February 11	February 12	February 13	February 14	February 15	February 16
9:00 – 11:00	BHS 107 Ocular Anatomy	BHS 263.1 Ocular Disease	CLE 262.2 Optometry 2.2		BHS 150.2 Biochemistry II	CLE 262.4 Intro to Binocular Vision	BHS 140.1 Sensory Aspects of Vision I
11:30 – 1:30		BHS 116.2 Human Physiology & Pathology II	CLE 162.2 Optometry 1.1			BHS 120.2 Geo. & Theoretical Optics II	
1:45 – 3:45	CLE 376.1 Strabismus & Amblyopia	BHS 360.2 Clinical Medicine II	BHS 363.4 Gen & Ocular Emergencies		BHS 245 Color Vision		
2:30 – 4:30							CLE 270.2 Ophthalmic Optics III
4:00 – 6:00	BHS 254.2 Pharmacology				CLE 367 Low Vision		

**ATTENTION: MAKE-UP DATES FOR ALL FINAL EXAMS WILL BE  
MONDAY, FEBRUARY 18 AND TUESDAY, FEBRUARY 19.**



ICO Student Newsletter - Editor: Kathy Brownfield x7401 - December 14, 2007

# Focal Point

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C A M P U S N E W S

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## A Time for Reflection & Goal Setting



This will be the last newsletter that you will receive prior to leaving for your holiday break. As students, your schedules are so busy with classes, labs, tests and assignments that perhaps you have not had much time to relax and enjoy the beauty of the holiday season.

The holidays will hopefully present each of you with some much needed time for rest and reflection. I urge each of you to use some of that time to reflect upon your career development to this point. You each selected ICO's excellent doctoral education program to assist you in becoming an outstanding doctor of optometry. This is accomplished in a number of ways both in and outside of the classroom. Take some time to reflect upon your personal development. Are you progressing at the rate that you want? Are you getting everything possible out of your ICO education? Most find that what you get out of your education is directly related to the amount of effort that you have put into it. Have you been putting in maximum effort?

Perhaps the holidays would be a good time for you to set some personal goals to fulfill upon your return to the many outstanding resources available to you during your remaining time at ICO.

In closing, let me issue my yearly challenge to each of you to take even a short moment to watch and appreciate a child's eyes and face as they observe the beauty of the decorations, lights and the wonder of Santa Claus.

This is a wonderful season and you should enjoy its magic.  
Best wishes to all for safe travels and happy holidays! See you next year!

Dr. Colip

*The next Focal Point will come out January 11, 2008. The submission deadline is January 9.*

## ***Yoplait Yogurt Lid Collection***

I just wanted to remind everyone that the last day for you to turn in the specially marked pink Yoplait yogurt lids is next Fri, Dec 21 by noon. The pink collection box is located on the microwave in the President's Lounge. Don't forget to bring in any lids you have saved at home!

Thank you, Emily M. Thompson  
ICO – APHA Local liaison

## ***MCA Movie Night***

Multicultural Association Movie Night. Friday Dec 14th 6.30 pm to 10 pm. "Pan's Labyrinth". Free for all. Spanish appetizers served for a small fee.

## ***Visiting Professor Program a Success!***

The very first Dr. & Mrs. Dominick M. Maino Visiting Professor program was very successful. Well known and respected, academician and clinician, Dr. Len Press, spent four days working with Peds/BV faculty and students in the Illinois Eye Institute, presented lectures to faculty and students and then gave 4 hours of continuing education to Illinois doctors of optometry. For more information about this new program, please contact Dr. Dominick Maino.

## ***Continuing Education***

### **January 13**

Students and Faculty are invited to attend ICO's next Winter CE Program. Join us on January 13 from 9:00 A.M. to 4:00 P.M. for six hours of certified (TO) CE in ICO's main lecture center. Dr. Kelly Nichols will be lecturing on **Strategies for Minimizing Risk in Contact Lens Patients, What You Haven't Heard in Dry Eye Disease.** . Really!, **Anterior Segment Grand Rounds: Test your Diagnostic and Management Acumen, and The Big Itch: Understanding and Managing Ocular and Systemic**

**Allergies.** This event is free for all students and faculty. Continental breakfast and lunch will be provided. If you wish to attend, please register by downloading a registration form from [www.ico.edu](http://www.ico.edu) or by calling the continuing education coordinator at ext. 7081. We look forward to seeing you there!

## ***Spotlight on the Library***

by Kathryn Johnston  
*Information Systems Librarian*

### **Special Library Hours in December**

Friday, December 21      8:00 am-1:30 pm

Saturday, December 22-

Monday, December 31      Closed

Tuesday, January 1      Closed

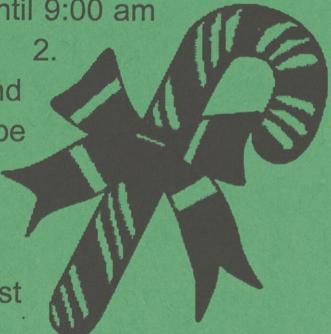
Wednesday, January 2-Normal hours resume

### **Off Campus On-Line Access to Full Text Journals**

If you are a current student, employee or faculty member, you now have off-campus access to many of the full text journals to which the library subscribes. This service is not available to alumni or anyone not currently a student or employed by ICO. This service will help the students on externship or those who like to work from home. You will receive the username and password in an email on Friday, Dec 14th. Remember, the user ID and password cannot be shared with anyone except current students, faculty, or staff of ICO. Sharing the password would violate the license agreement.

### **Reserve Books, Digital Cameras, Laptops**

Due to the long holiday break, any reserve books checked out after 10:30 am on Friday, December 21 will not be due until 9:00 am on Wednesday, January 2. Laptops, digital cameras, and other equipment would not be due until midnight on January 2, and could be renewed if not needed by other users. They all may be checked out on a first come, first served basis.



### **Interlibrary Loan or Photocopy Requests**

Due to the holiday break, the Library will not respond to any interlibrary loan or photocopy requests from December 22, 2007 until January 2, 2008.

### **Library Poster**

Stop by the library to review the latest Academy Poster titled "Bilateral Conjunctival and Corneal Intraepithelial Neoplasia (CIN) with Possible 'Seeding' Due to Applanation Tonometry" by Dr. Faheemah Saeed. Remember to direct all questions to the author.

### **Consumer Reports**

Need gift ideas or purchase advice? The Library subscribes to Consumer Reports, the consumer guide to automobiles, electronics, food, insurance, banking and other purchase items. Consumer Reports rates the expensive (cars, plasma television sets, credit cards) to the mundane (peanut butter, cheap wines.) There is a cumulative index for the past year in the back of each issue and each Buying Guide has a five-year cumulative index.

The last five years' issues and recent Buying Guides are shelved at the first floor circulation desk. Older Buying Guides are in the stacks on the first floor at TX335.A1C6. All may be checked out. The Library also has an online subscription to Consumer Reports through our EBSCO Host service, available from the Library homepage under Websites.

### **Fun Reading for the Holidays**

The Library has novels and other fun reading in its paperback section. These donated books are stored in the carrel by the first floor computer room or on the second floor by the newspapers.

Happy Holidays and we look forward to seeing you in the 2008!

### **Reserving a Room Tip**

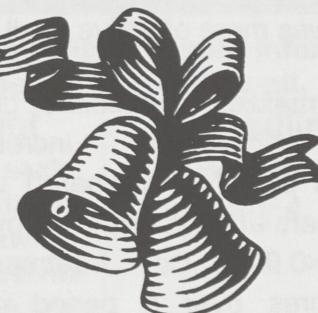
*Kathy Brownfield*

If you are planning to reserve a room for one of your club functions, a good resource to see if your room might be available at any given time, is to check the public calendar on "theview". It is updated with the events that are on the Room Request Forms that I receive. The earlier I receive them the earlier I can put them on the calendar in "theview".

Ring out, wild bells, to the wild sky,  
The flying cloud, the frosty light;  
The year is dying in the night;  
Ring out, wild bells, and let him  
die.

Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go;  
Ring out the false, ring in the true.

- Alfred Lord Tennyson, *Ring Out, Wild Bells*



### **Did You Know?**

*Dr Colip*

### **Preliminary Results Show Lotemax with Restasis Effective for Relief of Dry Eye Signs and Symptoms**

At the recent American Academy of Ophthalmology meeting, Eric D. Donnenfeld, M.D. and John D. Sheppard, M.D. presented the preliminary results of a prospective, multi-center, randomized controlled study of the effect of Bausch & Lomb's Lotemax (loteprednol etabonate ophthalmic suspension 0.5%) on initiation of therapy with cyclosporine (Restasis).

Dr. Donnenfeld reported that use of loteprednol etabonate (Lotemax) with topical cyclosporine ophthalmic emulsion 0.05% (Restasis) provided more rapid relief of dry eye signs and symptoms with greater efficacy than the combination of topical cyclosporine and artificial tears. Long term treatment (60 days) with loteprednol etabonate did not affect IOP ( $p=0.22$ ).

In this analysis, 118 patients with clinically diagnosed dry eye disease were randomized to receive either loteprednol etabonate ophthalmic suspension 0.5% (test) or an artificial tear (control) in masked bottles QID for 2 weeks and then received the masked test or control drop BID plus cyclosporine BID from day 15 to day 60. Additional use of artificial tears was allowed as needed.

At day 60, there was significant improvement in corneal ( $p<0.005$ ) and conjunctival staining ( $p<0.05$ ) in patients randomized to the loteprednol etabonate group. Although both treatments reduced corneal staining and lissamine green staining, Lotemax with Restasis was more effective in all cases.

When normalized to baseline, Lotemax with Restasis significantly increased tear production by 27%, compared to 17% with artificial tears and cyclosporine over a 60-day period ( $p<0.005$ ). Both treatments reduced OSDI scores over a period of 60 days ( $p<0.05$ ). Lotemax with Restasis reduced OSDI scores significantly more than artificial tears and cyclosporine ( $p<0.001$ ).

## Tech Tips

Ahmed Mohammad

Here are the most commonly used public groups in Novell GroupWise Novell address book

### Group name      Group Members

Everyone	Faculties and staffs only
08students	All students graduating year 2008
09students	All students graduating year

10students	2009 All students graduating year
11students	2010 All students graduating year
Faculty	2011 ICO faculty
Facilities	ICO Facility
RCEmail	RC residents
Support	ICO Information System technical support

### Save these website addresses into your favorites.

ICO Phone directory web address:

<http://twp.ico.edu>

(For Callpilot users only) Access your Voice mail and faxes online: <http://cpweb.ico.edu>

ICO email web address :

<http://eyecare.ico.edu>

(For Citrix users only) ICO's Citrix network connection web address: <https://citrix.ico.edu>

What's happening at ICO:

<http://theview.ico.edu> and <http://www.ico.edu>

### A very funny Joke.

The husband checked into the hotel. There was a computer in his room so he decided to send an e-mail to his wife. However, he accidentally typed wrong e-mail address, and without realizing his error, he sent the e-mail.

Meanwhile.....somewhere in Houston, a widow had just returned home from her husband's funeral. He was a minister of many years who was called home to glory following a sudden heart attack. The widow decided to

check her e-mail, expecting messages from relatives and friends. After reading the first message, she fainted. The widow's son rushed into the room, found his mother on the floor, and saw the computer screen which read:

To: My Loving Wife

Subject: I've Arrived

Date: 16 May 2002

I know you're surprised to hear from me. They have computers here now and you are



allowed to send e-mails to your loved ones. I've just arrived and have been checked in. I see that everything has been prepared for your arrival tomorrow. Looking forward to seeing you.

## RA Applications

Stop by the Student Affairs office and pick up a 2008-2009 RC Resident Assistant (RA) application. RAs serve an important role here at ICO in that they are a voice between the students, faculty, and staff. RAs have the ability to build many different outstanding relationships at the college by being placed in this leadership role. If this opportunity sparks your interest, applications are currently available in the Student Affairs Office or online at "theview". Applications must be submitted by Thursday, December 20<sup>th</sup> at noon. If you have any questions about the position please feel free to contact an RA to find out more about it!

## CLASSIFIEDS

No Classifieds at this time.

## RESIDENCIES

For more detailed information regarding residencies, please stop by Student Affairs. All residency information is located in the cabinet on the South Wall.

**From Dr. Stephanie Messner:**

Residency information for the following programs is now available in the Student Affairs Office:

**Affiliated with University of Missouri-St. Louis**

Pediatrics/Binocular Vision

Cornea/Contact lens

Primary Care/Geriatrics

Primary Care/ Ocular disease

Ocular Disease and Low Vision Rehabilitation

Pediatric Residency

## SCHOLARSHIPS

For all scholarships and fellowships, please stop by the Student Affairs Office for more information! All scholarship information can be found in the 3<sup>rd</sup> drawer of the cabinet on the South wall.

Scholarship	Who's Eligible	Amount	Deadline
Varilux® Student Grant Award Program	<ul style="list-style-type: none"><li>• 3 and 4<sup>th</sup> year students</li><li>• Case Report</li></ul>	\$1000 to each schools winner, National award winner receives trip to AOA and AOSA meeting in June in Seattle	Due to SAO by January 4, 2008
Optometric Physicians of Washington	<ul style="list-style-type: none"><li>• OPW Fourth Year Student Members</li></ul>	Plaque	January 2, 2008 OPW in Washington
AOF-Carl Zeiss Vision Fellowships	<ul style="list-style-type: none"><li>• One page statement of goals</li><li>• Curriculum vitae</li><li>• 3<sup>rd</sup> year</li></ul>	\$5,000 to each school	To Student Affairs Office by January 7, 2008 (PDF file only)

<b>Alcon 4<sup>th</sup> Year Optometry Student 2008 Case Study Award</b>	<ul style="list-style-type: none"> <li>• 4<sup>th</sup> year</li> <li>• Write a case report that incorporates the use of any Alcon product</li> </ul>	\$1,000 to each schools winner, National winner: Addl' \$5,000	January 31, 2008 – to Student Affairs Office
<b>Chicago Area Schweitzer Fellows Program</b>	<ul style="list-style-type: none"> <li>• Health professions, Graduate level-degree in Chicago Area</li> <li>• Original proposal for projects that reflect Dr. Schweitzer's ethic of Reverence for Life</li> <li>• Projects include 200 hours direct services, Site mentor, Faculty Mentor, Written report</li> </ul>	\$2,000 stipend	Applications received by Friday Feb 1, 2008 to the Chicago Area Schweitzer Fellow Program
<b>The Jewish Federation of Metropolitan Chicago Academic Scholarship Program</b>	<ul style="list-style-type: none"> <li>• Helping profession</li> <li>• Domicility in greater Chicago area</li> </ul>	\$500.000 available funds	Application Deadline February 15, 2008. Apply at <a href="http://www.jvschicago.org">www.jvschicago.org</a>
<b>AOSA-The Vision Care Institute™ - LLC – Travel Grant Essay Contest</b>	<ul style="list-style-type: none"> <li>• Member of AOSA</li> <li>• Good academic standing</li> <li>• One page curriculum vita</li> <li>• Essay</li> <li>• Attend 2008 meeting</li> </ul>	(2) \$500 Travel Grants at each school	Due to ICO Student Affairs Office 3/1/08
<b>HOYA Vision Care Grant and Scholarship Program</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> and 4<sup>th</sup> Year</li> <li>• Submit Patient Case Study involving HOYA products</li> </ul>	\$1,000 National Winner get an add'l \$6,000	April 1 <sup>st</sup> to Student Affairs
<b>InfantSEE® Scholarship Grant</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year</li> <li>• Member of AOSA and AOA</li> <li>• Essay not over 1000 Words</li> </ul>	\$1,000	April 1 <sup>st</sup> to Student Affairs
<b>Healthy Eyes Healthy People™ Scholarship Grant (AOA)</b>	<ul style="list-style-type: none"> <li>• 3<sup>rd</sup> Year</li> <li>• Member of AOSA and AOA</li> <li>• Essay not over 1000 Words</li> </ul>	\$1,000	April 1 <sup>st</sup> to Student Affairs
<b>Dr. Stanley Pearle Scholarship Fund</b>	<ul style="list-style-type: none"> <li>• Optometry Student</li> <li>• Accomplishments in leadership, community service and extracurricular activities</li> </ul>	(20) \$2,000	April 15 <sup>th</sup> to Pearle Vision Foundation
<b>John Gyles Education Awards</b>	<ul style="list-style-type: none"> <li>• Canadian or US Citizenship</li> <li>• Post Secondary Study</li> </ul>	\$3,000	June 1 <sup>st</sup> , 2008 Application on-line at <a href="http://www.johngyleseducationcenter.com">www.johngyleseducationcenter.com</a>

The Student Affairs Office has more information, so stop by and check it out

## FITNESS CORNER

### Health 4 the Holidays

Congratulations to Cathy Logisz, the selected winner from all correct Weight

Control Word Search entries. Cathy won a organic winter solstice mint hand soap. Thank you to everyone who turned in their word search. Keep up the good work!

Please remember to hand in your Physical Activity quiz to be eligible for the next prize drawing.

#### **Massage Therapy at ICO**

Massage therapy will resume on January 9. Please contact Shelby Lalich at X7460 or [slalich@ico.edu](mailto:slalich@ico.edu) to schedule your appointment.

#### **FREE Personal Training**

Are you interested in lifting weights, but don't know where to begin? Perhaps your workouts are getting stale, and you would like some new ideas? Maybe you are motivated when you have someone telling you what to do next?

The ICO Fitness Center offers FREE personal training. Our trainers are available on an appointment-only basis to provide one-on-one or group training sessions. Please feel free to drop a note to any of our trainers, and they will contact you ASAP. Don't forget to leave your full name, phone number, and preferred training time(s).

<b>YOUR TRAINERS ARE...</b>	
Kevin Harris	Box 542
Chris Pavone	Box 220

#### **FREE Fitness Services**

The ICO Fitness Center offers the following fitness services: body fat analysis, fitness assessment, equipment orientation, flexibility analysis, general fitness consultation, and workout program design. For further information, or to schedule an appointment, please call Shelby at x7460.

### ***Eye on Wellness***

#### **Staying Healthy During the Holidays**

Holiday season is in full swing and for many of us that means extra stress and less time for ourselves. Enjoy the holidays with a few simple tips to help keep you sane and healthy this season.

- ▶ Make a plan and learn to say no. Decide what you are able to get done and end your list there. You'll be better able to enjoy the festivities if you are not worried about your to-do list.
- ▶ Take care of yourself. Get your daily dose of activity to help reduce stress. Also make sure you get plenty of sleep. Being tired can make you sluggish and make it more difficult to exercise.
- ▶ Snack smart. During this busy time of year, meals can be pushed back or even skipped in favor of getting something done. Snacking can help fill the void between meals if you select healthy, low-fat options to tide you over. Before snacking always ask yourself if you are really hungry or just stressed. You may find that you just need to take a break rather than reach for something to eat.

Maintain-Don't gain. Rather than frustrating yourself by trying to lose weight this time of year, focus on maintaining until the holidays are over.

You will be able to enjoy your holiday treats without abandoning your goals.

This information is provided by the American Council on Exercise.



**WINTER 2007-2008 EXAM SCHEDULE**

ALL QUIZZES ARE GIVEN AT 8:00-8:50 AM UNLESS OTHERWISE INDICATED PLEASE NOTE THE ROOM YOU WILL BE TAKING THE TEST. IT IS NOT ALWAYS THE SAME			
DATE	FIRST YEAR	SECOND YEAR	THIRD YEAR
12/6 Th	BHS 150.2 Biochemistry II Room 1200-1203 BAKKUM, GOODFELLOW		
12/7 F		BHS 254.2 General and Ocular Pharmacology Room 1200-1203 ALLISON, LESHER	
12/10 M	BHS 107 Applied Ocular Anatomy Room 1200-1203 TRACHIMOWICZ, ZOLTOSKI		
12/11 T		CLE 262.2 Optometry 2.2 Room 1200-1203 BLOCK, KLEMENCIC	
12/12 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203 DONATI, HODUR		
12/13 Th		CLE 270.2 Ophthalmic Optics II Room 1200-1203 S. MESSNER, NGUYEN	
12/14 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 POOLE, SKLUZACEK		CLE 376.1 Strabismus and Amblyopia Room 1201-1202 TEITELBAUM, WYLES
12/17 M		BHS 263.1 Ocular Disease I Room 1200-1203 GUNDERSON, MAINO	
12/18 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203 REEDER, SAEED		BHS 360.2 Clinical Medicine Room 1201-1202 DUJSIK,YOUNG
12/19 W		CLE 262.4 Introduction to Binocular Anomalies Room 1200-1203 DAUM,STONE	
12/20 Th	CLE 162.2 Optometry 1.2 Room 1200-1203 BAKER,PANG		CLE 367 Low Vision Room 1201-1202 NGUYEN,PIHOS
12/21 F		BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203 GABRIEL,McMAHON	
1/3 Th	BHS 150.2 Biochemistry II Room 1200-1203 DONATI,TRACHIMOWICZ		
1/4 F		BHS 248 Persp on Behavioral Disorders Room 1200-1203 ALLISON,SKLUZACEK	
1/7 M	BHS 107 Applied Ocular Anatomy Room 1200-1203 TAHIR,GUNDERSON		
1/8 T		BHS 254.2 General and Ocular Pharmacology Room 1200-1203 BLOCK,BAKKUM	
1/9 W	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203 BAKER,DAUM		
1/10 Th		CLE 270.2 Ophthalmic Optics II Room 1200-1203 HODUR,PIHOS	BHS 363.4 Gen. & Ocular Emergencies Room 1201-1202 McMAHON,TYLER
1/11 F	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203 MAINO,WYLES		
1/14 M		CLE 262.2 Optometry 2.2 Room 1200-1203 NGUYEN,SAEED	
1/15 T	BHS 116.2 Human Physiology & Pathology II Room 1200-1203 GOODFELLOW,ZOLTOSKI		BHS-360.2 Clinical Medicine Room 1201-1202 FRANTZ,KLEMENCIC
1/16 W		BHS 263.1 Ocular Disease I Room 1200-1203 HAGERMAN,POOLE	
1/18 F	CLE 162.2 Optometry 1.2 Room 1200-1203 DUJSIK,KHAN		
1/23 W	BHS 107 Applied Ocular Anatomy Room 1200-1203	CLE 262.4 Introduction to Binocular Anomalies Room 1201-1202	
1/24 Th			CLE 367 Low Vision Room 1201-1202
1/25 F	BHS 150.2 Biochemistry II Room 1200-1203	CLE 270.2 Ophthalmic Optics II Room 1201-1202	
1/28 M		BHS 245 Color Vision & Developmental Neurobiology Room 1200-1203	
1/29 T	BHS 120.2 Geometric & Theoretical Optics II Room 1200-1203		CLE 376.1 Strabismus and Amblyopia Room 1201-1202
1/31 Th	BHS 140.1 Sensory Aspects of Vision I Room 1200-1203		
2/1 F		BHS 254.2 General and Ocular Pharmacology Room 1200-1203	Primary Care Conference Exam Room 1201-1202
2/5 T		BHS 248 Persp on Behavioral Disorders Room 1200-1203	

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